

# You can live well with diabetes

## Free diabetes workshops in the Great Southern – July to September 2018

<b>Albany</b>	Monday 9 July 2018	8.45am – 4.30pm
<b>Albany</b>	Wednesday 12 September 2018	8.45am – 4.30pm
<b>Cranbrook</b>	Tuesday 31 July 2018	8.45am – 4.30pm
<b>Denmark</b>	Tuesday 7 August 2018	8.45am – 4.30pm
<b>Tambellup</b>	Wednesday 29 August 2018	8.45am – 4.30pm
<b>Kojonup</b>	Tuesday 25 September 2018	8.45am – 4.30pm

Make small changes to live a healthier life with your family.

### Free type 2 diabetes workshop 'DESMOND'

Whether you are newly diagnosed or have been living with diabetes for some time, the DESMOND workshop will help you manage your diabetes.

- Meet people like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.
- You can bring a friend or family member with you for support.

**Bookings are essential. Find out where your nearest workshop is then contact us to secure your spot.**

☎ 1300 001 880

✉ [bookings@diabeteswa.com.au](mailto:bookings@diabeteswa.com.au)

🌐 [www.diabeteswa.com.au](http://www.diabeteswa.com.au)



Call 1300 001 880 or visit [diabeteswa.com.au](http://diabeteswa.com.au) and book in now

