

# You can live well with diabetes

## Free diabetes workshops in the Midwest – July to September 2018

<b>Geraldton</b>	Monday 23 July 2018	8.45am – 4.30pm
<b>Geraldton</b>	Monday 27 August 2018	8.45am – 4.30pm
<b>Geraldton</b>	Monday 10 September 2018	8.45am – 4.30pm
<b>Kalbarri</b>	Friday 3 August 2018	8.45am – 4.30pm
<b>Jurien Bay</b>	Monday 13 August 2018	8.45am – 4.30pm
<b>Dongara</b>	Friday 17 August 2018	8.45am – 4.30pm

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

### Free type 2 diabetes 'DESMOND' workshop

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**

