

You can live well with diabetes

Free diabetes education sessions in the Pilbara – July to September 2018

South Hedland	Wednesday 8 August 2018	8.30am – 4.30pm
South Hedland	Wednesday 19 September 2018	8.30am – 4.30pm
Tom Price	Thursday 9 August 2018	8.45am – 4.30pm
Tom Price	Thursday 13 September 2018	8.45am – 4.30pm
Karratha	Wednesday 29 August 2018	8.30am – 4.30pm

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

Free type 2 diabetes 'DESMOND' workshop

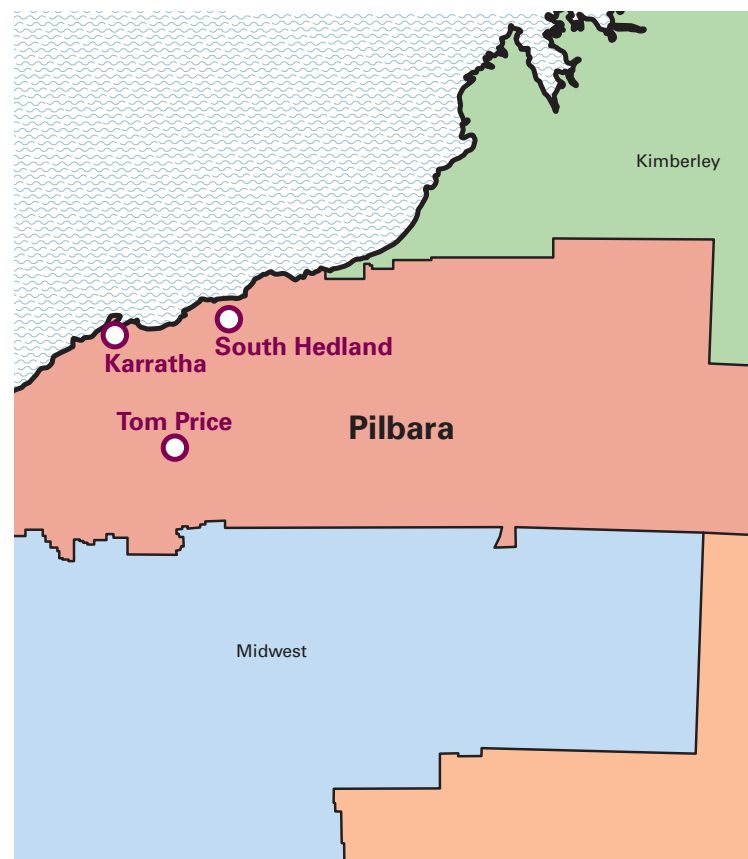
Whether you are newly diagnosed or have been living with diabetes for some time make sure that you get your dose of DESMOND!

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) is a workshop that puts you in the driver's seat for self-managing your diabetes.

Meet people who are just like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.

You can also bring a partner, friend or family member with you for support – free of charge.

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



Make small changes to live a healthier life with your loved ones

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