

# You can live well with diabetes

## Free diabetes education sessions in the South West – July to September 2018

<b>Margaret River</b>	Friday 6 July	8.45am – 4.30pm
<b>Donnybrook</b>	Thursday 19 July	8.45am – 4.30pm
<b>Busselton</b>	Friday 3 August	8.45am – 4.30pm
<b>Manjimup</b>	Wednesday 8 August	8.45am – 4.30pm
<b>Bunbury</b>	Thursday 16 August	8.45am – 4.30pm
<b>Bunbury</b>	Saturday 1 September	8.45am – 4.30pm
<b>Bunbury</b>	Monday 10 September	8.45am – 4.30pm
<b>Augusta</b>	Friday 7 September	8.45am – 4.30pm
<b>Bridgetown</b>	Wednesday 19 September	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. 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**

