

# You can live well with diabetes

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

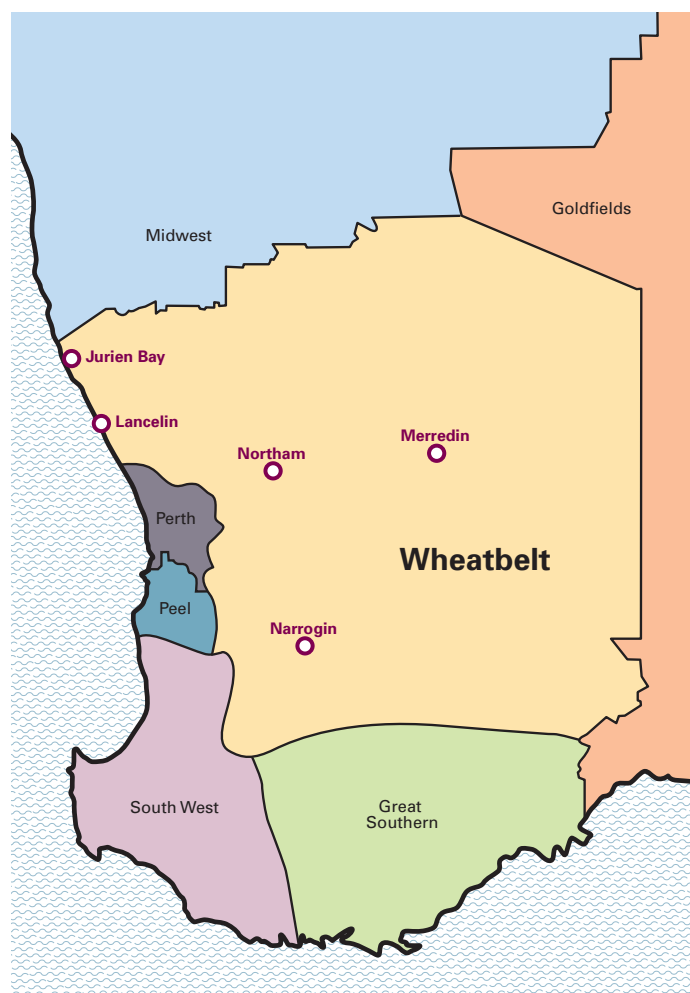
DESMOND – Two half days (8.45am to 1.00pm)	
Jurien Bay	Monday 13 & Wednesday 15 August 2018 (two half days in total)
DESMOND – 8.45am to 4.30pm	
Northam	Wednesday 25 July 2018
Northam	Wednesday 26 September 2018
Narrogin	Tuesday 31 July 2018
Narrogin	Wednesday 12 September 2018
Merredin	Thursday 9 August 2018
Lancelin	Monday 27 August 2018

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**

