

## New workshops available

### Living with Insulin



A session on all aspects of using insulin to treat your diabetes; including equipment, hypos and blood glucose levels.

### Ready Set Go, Let's Move



Exercise can improve your diabetes, what can you do to include more physical activity in your life?

### Advanced Pumping



This session will give general information to help you understand your pump better, covering bolus types, insulin rates and ratios of your pump.

## DESMOND

### One day 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.

## Connect with Diabetes

### Free information session



Are you not ready yet to attend a workshop but want to learn more about diabetes? This two-and-a-half hour information session is for people with type 2 diabetes, carers and those at risk of diabetes.

## The SMART Series

### Two to three hour workshops

#### CarbSmart



Confused about carbs? Learn about the different types and amounts that are best for you.

#### FootSmart



Your feet are made for walking - so let's keep them healthy! This workshop will teach you all you need to know about checking and caring for your feet.

#### MedSmart



This workshop helps you understand what your medications are, what they do and how to address any concerns you have about taking your medications.

#### MeterSmart



Practical skills workshop that will show you how to monitor and act on your blood glucose readings.

#### ShopSmart



A supermarket tour that will help you understand food labels and what foods are right for you.

#### ShopSmart in a classroom



An alternative to ShopSmart, suited for those who would prefer to learn healthy shopping skills in a classroom setting.

# Diabetes Self-Management Workshops

July to September 2018



Just been diagnosed?

About to start a new medication?

Need to get on track?

Then come along to a **free diabetes workshop.**











As part of your NDSS registration you are entitled to attend Diabetes WA's workshops for free.

**ndss**  
national diabetes services scheme

The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia. For more NDSS information 1300 136 588 or [ndss.com.au](http://ndss.com.au)

  
**diabeteswa**  
1300 001 880

July 2018						August 2018						September 2018					
Mon	Tues	Wed	Thurs	Fri	Sat	Mon	Tues	Wed	Thurs	Fri	Sat	Mon	Tues	Wed	Thurs	Fri	Sat
2 Ellenbrook	3 Helena Valley	4	5	6 Belmont	7			1	2 Belmont	3	4						1
9	10 Mirrabooka	11 Joondalup	12 Mirrabooka	13	14 Helena Valley Mandurah	6 Mirrabooka	7 Willetton	8	9	10 Armadale	11 Joondalup Rockingham	3	4 Mirrabooka	5 Joondalup	6	7	8 Melville
16	17	18	19 Joondalup Armadale	20	21	13 Helena Valley	14 Armadale Mandurah	15	16 Mirrabooka	17	18	10 Joondalup	11 Willetton	12	13	14 West Leederville	15 Mandurah
23 Melville	24 (Classroom) Armadale	25 Helena Valley	26	27 Ellenbrook	28 Belmont	20	21 (Classroom) Joondalup	22 Cockburn Central	23 Rockingham	24 Rockingham	25 Armadale	17 Helena Valley	18 Mirrabooka	19 Rockingham	20 Ellenbrook	21	22
30	31					27	28 Ellenbrook	29	30 Ellenbrook	31 Helena Valley		24	25	26 (Classroom) Helena Valley	27 Joondalup	28 Belmont	29 Kwinana

-  DESMOND
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-  ShopSmart
-  Connect
-  Living with Insulin
-  MedSmart
-  FootSmart
-  MeterSmart
-  Ready Set Go, Let's Move
-  Advanced Pumping

To book into any of these workshops call us on **1300 001 880**, email [bookings@diabeteswa.com.au](mailto:bookings@diabeteswa.com.au) or visit [www.diabeteswa.com.au](http://www.diabeteswa.com.au)