

You can live well with diabetes

Free diabetes workshops in the Midwest – October to December 2018

Dongara	Friday 9 November 2018	8.45am – 4.30pm
Geraldton	Friday 12 October 2018	8.45am – 4.30pm
Geraldton	Monday 12 November 2018	8.45am – 4.30pm
Geraldton	Monday 10 December 2018	8.45am – 4.30pm
Jurien Bay	Monday 8 and Wednesday 10 October 2018 (two half days)	8.45am – 1.00pm
Kalbarri	Monday 15 and Monday 22 October 2018 (two half days)	8.45am – 1.00pm

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

 www.diabeteswa.com.au

Call 1300 001 880 or visit diabeteswa.com.au and book in now

