

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



This three hour workshop explains how exercise can improve your diabetes with practical advice, and you'll receive a personal fitness plan. **Note:** This is not a fitness program.

Insulin Pump Workshop



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

January to March 2019



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

 **diabeteswa**[®]

If you've got it, we get it.

January 2019						February 2019						March 2019					
Mon	Tues	Wed	Thurs	Fri	Sat	Mon	Tues	Wed	Thurs	Fri	Sat	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5					1	2 Rockingham					1	2 Piara Waters
7	8	9	10 Armadale	11 Bassendean	12	4 Wellard	5	6 Bassendean	7 Melville	8 Kelmescott	9	4	5 Cannington	6	7 Scarborough	8 Wellard	9
14 Cockburn	15 Wellard	16	17 (Classroom) Melville	18	19 Banksia Grove	11 Wanneroo	12 Scarborough	13 (Classroom) Rockingham	14	15 Boya	16 Mandurah	11 Mirrabooka	12 Midland	13	14 Pearsall	15 Kelmescott	16 Medina
			Melville					Rockingham						Riverton		Pearsall	
21	22 Middle Swan	23 Boya	24	25	26	18 Cockburn	19 Southern River	20	21 Cannington	22	23	18	19 Wellard	20 Mirrabooka	21	22 Caversham	23 Bassendean
							Southern River										
							T1 TECH South Perth										
28	29 Southern River	30 Brookdale	31 West Leederville			25 Wanneroo	26	27 Middle Swan	28			25	26	27 West Leederville	28 (Classroom) Cockburn	29	30
	Bassendean		Cockburn														

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-  DESMOND
-  CarbSmart
-  ShopSmart
-  Connect
-  Living with Insulin
-  Type 1 Tech Night
-  MedSmart
-  FootSmart
-  MeterSmart
-  Ready Set Go, Let's Move
-  Insulin Pump

To book into any of these workshops call us on **1300 001 880**, email bookings@diabeteswa.com.au or visit diabeteswa.com.au