

You can live well with diabetes

Free diabetes education sessions in the South West – February to April 2019

Make small changes to live a healthier life with your family.

DESMOND (type 2 diabetes)

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.

FootSmart (type 1 or type 2 diabetes)

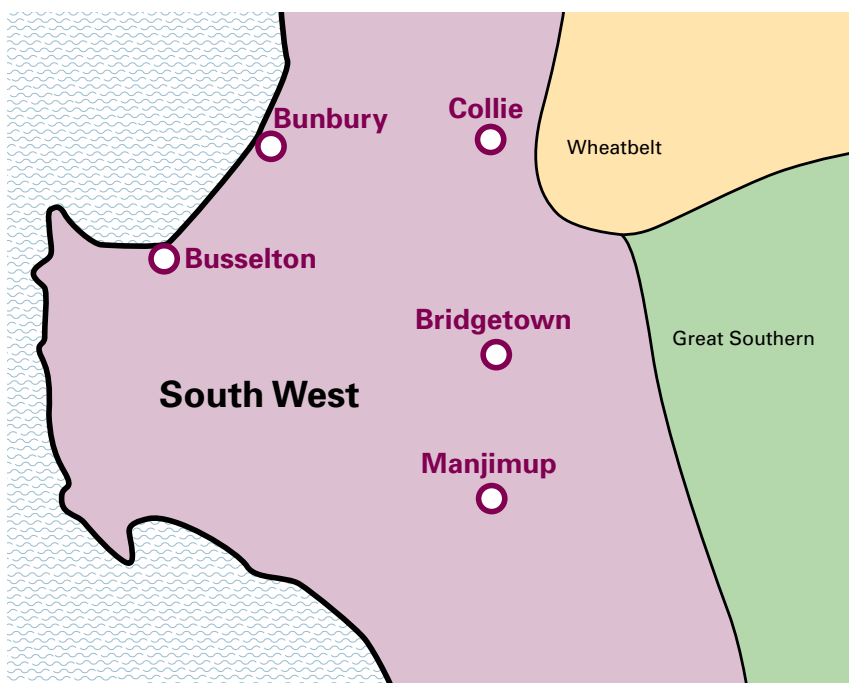
Your feet are made for walking - so let's keep them healthy! This workshop will teach you all you need to know about checking and caring for your feet.

MedSmart (type 2 diabetes)

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

Bookings are essential.
Contact us to secure your spot.

DESMOND		
Bunbury	Wednesday, 13 February	8.45am – 4.30pm
Manjimup	Monday, 25 February	8.45am – 4.30pm
Bunbury	Wednesday, 6 March	8.45am – 4.30pm
Busselton	Friday, 8 March	8.45am – 4.30pm
Bunbury	Thursday, 21 March	8.45am – 4.30pm
Bridgetown	Friday, 5 April	8.45am – 4.30pm
Collie	Monday, 15 April	8.45am – 4.30pm
Bunbury	Monday, 29 April	8.45am – 4.30pm
FootSmart		
Bunbury	Wednesday, 13 March	8.45am – 11.00am
MedSmart		
Bunbury	Wednesday, 13 March	12.15pm – 2.30pm



Make small changes to live a healthier life with your loved ones

- ☎ 1300 001 880
- ✉ bookings@diabeteswa.com.au
- 🌐 diabeteswa.com.au




If you've got it, we get it.