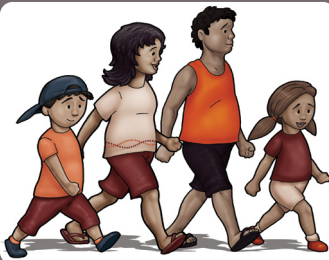


DESY Diabetes Education Self-Management Yarning

How to manage diabetes your way

♥ Medication ♥ Blood glucose levels ♥ Healthy eating ♥ Keep your mind strong

DESY is where we learn from you and you learn from us.



DESY (Diabetes Education and Self-Management Yarning) is for Aboriginal and Torres Strait Islander people living with type 2 diabetes and families and people at risk.

The DESY program is based on yarning, about our experience living with diabetes. The program teaches skills and practices to self-manage diabetes.

Diabetes WA is training and mentoring Aboriginal Health Workers across the state to deliver the DESY program in their communities. This means that each DESY program is personalised to the community and their needs.

DESY workshops involve sharing stories about living with diabetes and yarning about:

- ♥ What is diabetes
- ♥ How diabetes can affect you
- ♥ How you can take care of your diabetes, your way
- ♥ Who else can help you take care of your diabetes

2021-0688

"I've learned more today than I've learned in six years about diabetes. I reckon' DESY is wicked."

DESY Participant



For more information call **1300 001 880** or visit diabeteswa.com.au/aboriginalhealth

