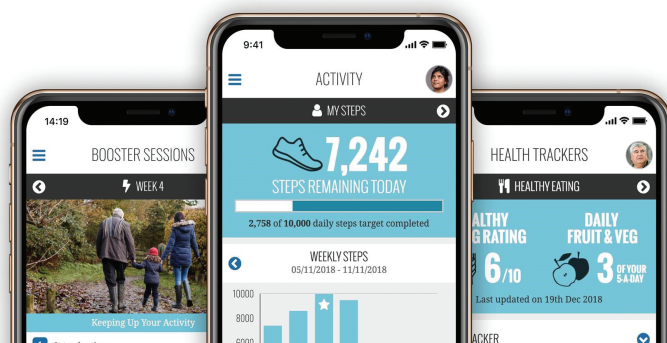


Introducing DESMOND: People living with diabetes, talking about diabetes



DESMOND workshops are available face-to-face or online via MyDESMOND

Are you tired of being told what you 'should' be doing but it doesn't fit with what you can do?
Are you feeling confused or overwhelmed?

DESMOND, which stands for **Diabetes Education and Self-Management for Ongoing and Newly Diagnosed**, is a 6-hour workshop that gives you the confidence to manage your diabetes in your own way. **DESMOND does diabetes education differently.**

Many topics are explored during the interactive workshop, including:

- What happens in the body with diabetes
- Blood glucose monitoring
- Medications
- Preventing or managing long term complications of diabetes
- Healthy food choices
- Physical activity
- Support to make a personalised plan

It doesn't matter whether you have been living with diabetes for years or have just been diagnosed recently, everyone can benefit from a DESMOND workshop.



Scan the QR code to learn more and register NOW