

You can live well with diabetes

Free diabetes workshops in the Goldfields – August to December 2020

Kalgoorlie

DESMOND	Wednesday 9 September
Living with Insulin	Thursday 24 September
Connect	Thursday 24 September
DESMOND	Wednesday 28 October
DESMOND	Wednesday 25 November

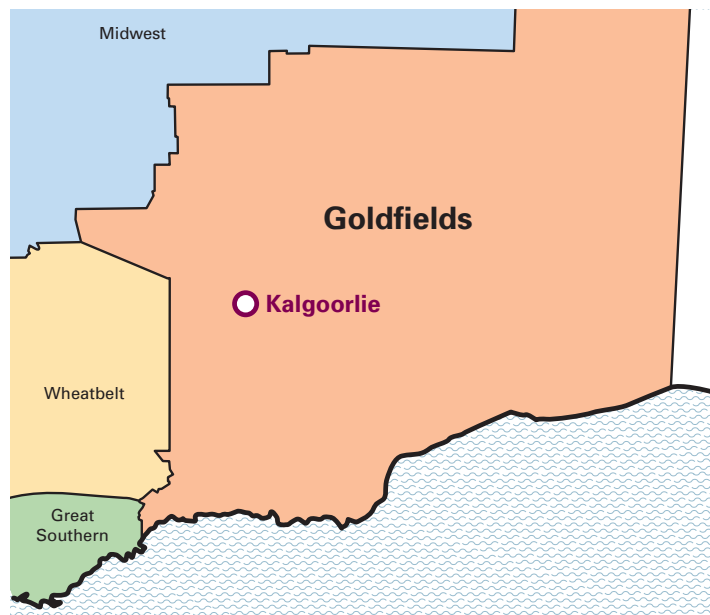
Make small changes to live a healthier life with your family.

DESMOND (type 2 diabetes)

Whether you are newly diagnosed or have been living with diabetes for some time 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.



Living with Insulin

(type 1, type 2, gestational diabetes)

A session on all aspects of using insulin to treat your diabetes; including equipment, hypos and blood glucose levels.

Connect (type 2 diabetes and at risk)

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.

Bookings are essential. Contact us to secure your spot.

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