

Diabetes Education Workshop

Life with *Diabetes*

mecwacare, together with Western Victoria Primary Health Network, are pleased to invite you to attend the Diabetes Education Workshop.

This workshop is all about a healthier you, and will support you to increase your confidence in looking after yourself. Small lifestyle changes can lead to big improvements in your health, and prevent or delay some complications of diabetes. Together with our dietitian, we can provide you with healthy food tips and how to understand carbohydrates and how they affect your diabetes.

When Wednesday 31st July 2024
10am - 11:30am

Where mecwacare Ballan Health and Care Training room

Cost Workshop: free
Morning tea: free

For more information and to register, contact Louise Mayall, RN1 (Advisor in Healthy Ageing)

E Louise.Mayall@mecwacare.org.au

T 03 5366 7934 M 0429 054 503

REGISTER
YOUR
INTEREST

What to expect:

- Some answers to your questions.
- Understanding the disease – what is it?
- I've been recently diagnosed with diabetes. What now?
- How do I live with diabetes?
- Diabetes and nutrition: – what can I eat?
- Food labels and how to read them.
- Diabetes and exercise – what exercises are best?

Who should attend:

- Diabetics; whether newly diagnosed or a lifelong diabetic.
- Carers of diabetics or pre-diabetics.
- Anyone interested.
- Those at risk of developing diabetes.

Freecall 1800 163 292

• mecwacare.org.au