

Living Well

Register now for FREE diabetes education

Carbohydrates: The Basics

Date	Tuesday, 17 October 2023
Time	10am - 11.30am
Location	Stirling Street Arts Centre, Bunbury
Cost	✓ FREE for all people registered with the NDSS
Suitable for	✓ type 1 or ✓ type 2 diabetes



Scan this QR code to find out more and book online

Changing your lifestyle isn't easy, especially on your own. The Living Well program gives you the motivation and support to make and maintain positive changes and live a healthier and more active lifestyle.

Whether you were diagnosed recently or have lived with diabetes for some time, this is your chance to chat, ask questions, learn about the latest information on diabetes, and get new tips to help make life a little easier.

Learn from diabetes experts about a range of topics, such as food and nutrition, physical activity, diabetes devices and technology and mental health. Access services and programs on managing diabetes. Connect with health professionals and other people with diabetes.

Bookings are essential. Book online or call the NDSS Helpline and have your NDSS card ready.

NDSS Helpline 1800 637 700
events.ndss.com.au