



MedSmart

For people living with type 2 diabetes. Making sense of your medications can be difficult but it doesn't have to be. MedSmart will give you information about your medications, how they work, how to take them and how they help manage your diabetes.

DATES	LOCATION
MIDWEST REGION	
Monday 11 September	Geraldton
SOUTH WEST REGION	
Wednesday 16 August	Bunbury
Wednesday 23 August	Busselton
GREAT SOUTHERN REGION	
Monday 24 July	Albany
PILBARA REGION	
Saturday 22 July	Newman



ShopSmart

For people living with type 1 diabetes, type 2 diabetes or gestational diabetes. ShopSmart will help you to understand how to read food labels, and what to look for when choosing healthy options for yourself and your family.

DATES	LOCATION
MIDWEST REGION	
Friday 28 July	Geraldton
GREAT SOUTHERN REGION	
Monday 24 July	Albany
PILBARA REGION	
Sunday 23 July	Newman



Scan the **QR code**
to book into a workshop

For more information or to book into any of these workshops, visit events.ndss.com.au
call **1300 001 880**
or email bookings@diabeteswa.com.au



SELF-MANAGEMENT WORKSHOPS

REGIONAL JULY TO SEPTEMBER 2023



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

Just been diagnosed? About to start a new medication? Need to get on track? Then come along to a free diabetes workshop. As part of your NDSS registration you are entitled to attend Diabetes WA's workshops for free.



DESMOND

For people living with type 2 diabetes. The DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) program provides you with a welcoming and non-judgmental space where you can plan how you would like to manage your diabetes.

DATES	LOCATION
MIDWEST REGION	
Monday 21 August	Geraldton
SOUTH WEST REGION	
Wednesday 19 July	Bunbury
Monday 7 August	Busselton
Wednesday 13 September	Busselton
Tuesday 19 September	Bunbury
PILBARA REGION	
Wednesday 19 July	South Hedland
GREAT SOUTHERN REGION	
Wednesday 9 August	Albany
WHEATBELT REGION	
Tuesday 29 August	Northam



Living Well

For people living with type 2 diabetes. This free event will showcase the latest information on diabetes with a focus on living well with diabetes, delivered to you by experts in the field.

DATES	LOCATION
PILBARA REGION	
Monday 24 July	Newman



CarbSmart

For people living with type 1 diabetes, type 2 diabetes or gestational diabetes. CarbSmart will help you enjoy quality carbohydrates in a way that suits you and your diabetes.

DATES	LOCATION
MIDWEST REGION	
Friday 28 July	Geraldton
PILBARA REGION	
Sunday 23 July	Newman



FootSmart

For people living with type 1 diabetes or type 2 diabetes. Living with diabetes means living with an increased risk of foot problems. FootSmart gives you the skills and knowledge to create a care routine that will help avoid future foot problems.

DATES	LOCATION
MIDWEST REGION	
Monday 11 September	Geraldton
SOUTH WEST REGION	
Wednesday 16 August	Bunbury
Wednesday 23 August	Busselton
PILBARA REGION	
Saturday 22 July	Newman



Beat It!

For people living with type 1 diabetes or type 2 diabetes. Beat It! is an 8-week group exercise and lifestyle program to help you better manage your diabetes and improve your general health.

DATES	LOCATION
SOUTH WEST REGION	
Monday 21 August	Bunbury