

# Diabetes Matters

## Living with Diabetes

- For:** People with Type 2 diabetes  
**What:** 2 hour group session x 3  
& follow up sessions (optional)  
**Who:** Janet Lagstrom- Diabetes Educator  
& Louisa Li - Dietitian  
**Where:** Primary Health  
2 Katamatite Road, Numurkah  
**When:** 1 – 3pm  
**Cost:** \$15 covers all sessions

### 2018 Sessions

- 22 February & 1 & 8 March (Thursdays)
- 4, 18 & 25 June (Mondays)
- 6, 13 & 20 September (Thursdays)

We are running this program three times in 2018.

**Save your spot today!**



To register or for further information, please contact us on **03 5862 0560**  
If you would like to participate but are worried about the cost, please let us know so that we can help.