



DESMOND: A SELF-MANAGEMENT EDUCATION COURSE FOR PEOPLE WITH TYPE 2 DIABETES.

This one day course will help you understand and manage the changes type 2 diabetes can bring to your life. Meet and share experiences with others while working with DESMOND educators to develop your own personal health plan.

DESMOND CAN HELP YOU:

- increase your understanding of diabetes
- be more physically active
- take steps to lose weight
- lower your HbA1C
- take steps to quit smoking
- improve your overall health.

From Diabetes Queensland, DESMOND is free to access and bookings are required.

**Turn over for details on the next
DESMOND course in your local area ...**

NDSS Helpline 1300 136 588
diabetesqld.org.au



DESMOND is a one-day program that runs from 9.00am to 3.30pm. Dates and locations as follows:

Date	Location
JULY	
3	North Lakes, Brisbane North PHN Level 2, 10 Endeavour Bvde
13	Redlands Health Service 3 Weippin St, Cleveland
17	Inala Community Health Centre 64 Wirraway Parade
18	Helensvale Community Health Centre 105 Lindfield Rd
AUGUST	
4	Ipswich, Leichhardt Community Centre 1 Denman St
7	Caboolture Hub Level 1, 4 Hasking Street
9	Browns Plains Community Health Centre Cnr Middle Rd & Wineglass Dve, Hillcrest
17	Beenleigh Community Health Centre 10-18 Mount Warren Blvd, Mt Warren Park
20	Robina Health Precinct 2 Campus Crescent
24	Chermside Community Health Centre 490 Hamilton Rd
SEPTEMBER	
3	Logan Community Health Centre Wembley Road & Ewing Road
4	Beaudesert QCWA Hall 86 Brisbane Street
17	Robina Health Precinct 2 Campus Crescent
19	Ipswich, Leichhardt Community Centre 1 Denman St
27	Laidley Redeemer Lutheran Church Hall 7 MacGregor St

To find out more, or to register:

Call the NDSS Helpline on **1300 136 588**

or visit www.diabetesqld.org.au