



BE THE
expert
IN YOUR
DIABETES
MANAGEMENT

FREE DIABETES EDUCATION WORKSHOPS TO HELP YOU MANAGE YOUR DIABETES WELL.

Diabetes Queensland offers short 2-3 hour workshops for people living with diabetes.

Simply choose one or more topics you would like to learn more about - like understanding carbs, food shopping and label reading, foot care, monitoring, diabetes medications, or living with insulin.

The workshops are in small groups and you can bring a partner or friend along with you. You can share experiences with other people with diabetes and ask as many questions as you like.

Turn over for Mackay dates and times ►►

**To book, or to find out more, call 1300 136 588
or visit diabetesqld.org.au**

Diabetes education workshops are free to access and are short 2-3 hours sessions. Register for any of the topics below:

All Mackay workshops will be held at: Jubilee Community Centre, Alfred Street

27 July 2018

9am-12pm **CarbSmart**
Understanding carbohydrates

1pm-3pm **MedSmart**
Understanding your diabetes medications

26 October 2018

9am-11am **ShopSmart**
Making healthy choices while shopping

1pm-3pm **FootSmart**
Caring for your feet

29 March 2019

9am-12pm **CarbSmart**
Understanding carbohydrates

1pm-3pm **MeterSmart**
Techniques for using your meter

28 June 2019

9am-11am **ShopSmart**
Making healthy choices while shopping

1pm-3pm **Living with insulin**

For more information, or to register, call the NDSS Helpline on **1300 136 588** or visit diabetesqld.org.au