



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 Mackay ...**

NDSS Helpline 1300 136 588
diabetesqld.org.au



DESMOND is a full, one-day course. Upcoming Mackay courses available as follows:

Time: 9am-3pm

Venue: Jubilee Community Centre
Alfred St, Mackay

Dates

2018

Friday 25 May

Saturday 26 May

Thursday, 26 July

Saturday, 28 July

Thursday, 25 October

Saturday, 27 October

2019

Thursday, 28 March

Saturday, 30 March

You must register to attend a DESMOND course.

To find out more, or to register:

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

Email events@diabetesqld.org.au

or visit www.diabetesqld.org.au

