



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.

Provided by Cairns and Hinterland Hospital and Health Service, Innisfail, 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 full, one-day course. Upcoming Innisfail courses available as follows:

Time: 9am-4pm

Venue: Innisfail Hospital Program Room 1
(Dental entrance)

74 Fitzgerald Esplanade, Innisfail

Dates:

Dates
2018
Wednesday, 29 August
Wednesday, 19 September
Wednesday, 24 October
2019
Wednesday, 20 February
Wednesday, 3 April
Wednesday, 19 June

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

