



**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.

**Diabetes education workshops are free to access.  
Turn over for dates, times and locations ►►**

**To book, or to find out more, call 1300 136 588  
or visit [diabetesqld.org.au](http://diabetesqld.org.au)**

<b>Date</b>	<b>Location</b>
<b>CARBSMART</b> (Understanding carbohydrates)	
<b>04 Oct</b> 9am-12pm	<b>Gatton Family Health Clinic</b> 27 Railway Street
<b>15 Oct</b> 9am-12pm	<b>Beaudesert QCWA Hall</b> 86 Brisbane Street
<b>17 Oct</b> 9am-12pm	<b>Sherwood Neighbourhood Centre Hall</b> 38 Thallon Street
<b>23 Nov</b> 9am-12pm	<b>Leichhardt One Mile Community Centre</b> 1 Denman Street
<b>03 Dec</b> 9am-12pm	<b>Redlands Health Service</b> 3 Weippin Street
<b>04 Dec</b> 9am-12pm	<b>Chermside Community Health Centre</b> 490 Hamilton Road
<b>MEDSMART</b> (Understanding your diabetes medications)	
<b>12 Oct</b> 1pm-3pm	<b>Beenleigh Community Health Centre</b> 10-18 Mt Warren Blvd, Mt Warren Pk
<b>17 Oct</b> 1pm-3pm	<b>Sherwood Neighbourhood Centre Hall</b> 38 Thallon Street
<b>03 Dec</b> 1pm-3pm	<b>Redlands Health Service</b> 3 Weippin Street
<b>FOOTSMART</b> (Caring for your feet)	
<b>15 Oct</b> 1pm-3pm	<b>Beaudesert QCWA Hall</b> 86 Brisbane Street
<b>09 Nov</b> 1pm-3pm	<b>North Lakes Brisbane North PHN</b> Level 2, 10 Endeavour Bvde
<b>13 Nov</b> 1pm-3pm	<b>Logan Community Health Centre</b> 97-103 Wembley Road, Logan Central
<b>23 Nov</b> 1pm-3pm	<b>Ipswich Leichhardt Community Centre</b> 1-17 Denman Street
<b>30 Nov</b> 1pm-3pm	<b>Kingaroy Town Hall</b> Lot 28 Glendon Street
<b>04 Dec</b> 1pm-3pm	<b>Chermside Community Health Centre</b> 490 Hamilton Road
<b>SHOPSMART</b> (Making healthy choices while shopping)	
<b>12 Oct</b> 9.30-11.30am	<b>Beenleigh Community Health Centre</b> 10-18 Mt Warren Blvd, Mt Warren Pk
<b>09 Nov</b> 9.30-11.30am	<b>North Lakes Brisbane North PHN</b> Level 2, 10 Endeavour Bvde
<b>28 Nov</b> 1pm-3pm	<b>Caboolture Hub</b> Level 1, 4 Hasking St
<b>30 Nov</b> 9am-11am	<b>Kingaroy Town Hall</b> Lot 28 Glendon Street
<b>READY SET GO - LET'S MOVE</b> (How to get active & stay on track)	
<b>13 Nov</b> 9am-12pm	<b>Logan Community Health Centre</b> 97-103 Wembley Road, Logan Central
<b>28 Nov</b> 9am-12pm	<b>Caboolture Hub</b> Level 1, 4 Hasking St