



Don't Sugar Coat Diabetes

Exercise and Information Group Sessions

Who can attend?

You may have been told you:

- Are at risk of Diabetes or have Pre-diabetes
- Have just found out you have Diabetes
- Have had Diabetes for many years

DIABETES



Why attend?

- Learn all you can about diabetes
- Feel better
- Find out about the steps to take to prevent Diabetes or keep it under control

What you get at this session?

- One hour of supported exercise at your level and pace
- One hour of health information with guest presenters, including: Diabetes Nurse Educator, Podiatrist, Exercise Physiologist, Dietician, Cardiac Health Nurse

When is it?

When: Thursday's from 25 October 2018 for six weeks

Time: 10 am – 12 pm

Where: Sunbury Aquatics & Leisure Centre, Ligar Street, Sunbury

Cost: \$10 a person, each session

Are you interested?



For information and bookings, contact Sunbury Community Health
Physiotherapy Department on 9744 9522

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