

## Client Flyer

# FREE

# Type 2 Diabetes Refresher & Weight Management Groups



## Accredited Practising Dietitians



### Who Is Eligible?

If you have Type 2 diabetes, then you are.

If You Need To:

- Get re-educated,
- Reduce your blood sugar levels,
  - Lose weight,

**Then book now!**

### Locations

Elizabeth Medical & Dental Centre	8256 8040
Marion Domain Medical Dental Centre	8375 7040
Old Port Road Medical & Dental	8447 0000
North East Modbury Medical Centre	7224 6666
Norwood Village Medical & Dental	8425 1340

- 2 hour power session
- Run over 4 weeks
- Bring a friend for only \$20.00!

### Program Includes:

- Weight management
- Low fat cooking tips
- Recipe modification
- Label reading
- Diabetes education
- Exercise
- Plus more!

**\*\*Call or visit the nearest clinic to you, and speak to staff in the specialist department, about booking yourself into the group program OR Ask your GP to fill in the attached referral form (section A) and then speak with staff to book your first group appointment. Spots are limited.**