

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

**** speak with staff in the specialist**

department for information, and to book your first group appointment. Spots are limited.

- 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!