

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 do 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, Optometrist, Exercise Physiologist, Pharmacist, Dietician, Cardiac Health Nurse

When is it?

When: Tuesdays from 5 October 2021 for eight weeks (no session on Melbourne Cup Day)

Time: 1pm – 3pm

Where: Sunbury Aquatic and Leisure Centre, 20 Ligar Street, Sunbury

Cost: \$10 each session

**SUNBURY
AQUATIC &
LEISURE
CENTRE**

For information and bookings:

Contact Sunbury and Cobaw Community Health Intake Team on 9744 9504

