

Understanding Diabetes Course - 2016

For people living with type 2 diabetes.

This course is for people with type 2 diabetes to learn how to manage their health with confidence.

The course includes four sessions run on a Thursday.

Dates: February - 4, 11, 18, 25

April - 7, 14, 21, 28

June - 2, 9, 16, 23

Time 1:30pm – 3:30pm

Location: Inspiro
17 Clarke Street, Lilydale

Cost \$7 per session

Bookings are essential

For more information,
please call Inspiro on 9738 8801.



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