

**7 March**  
**Wollongong**

## **DESMOND FOUNDATION** **WOLLONGONG**

Specifically designed for people with type 2 diabetes, DESMOND, (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) will empower you to take control of your diabetes care.

You will be given practical information about food choices, physical activity and medications in a small group environment.

**Date:** **Tuesday 7 March 2017**

**Time:** **9am until 4pm**

**Where:** **The Builders Club, 61 Church Street, Wollongong**

**These programs are FREE for NDSS registrants.**

**Limited spaces available.**  
**Bookings are essential.**  
**Call 1300 136 588 to book now!**

**Visit [diabetesnsw.com.au](http://diabetesnsw.com.au) for more information.**