

You're invited to join us for **FREE** diabetes education in **Walgett**



FootSmart

Date: Thursday 19 May 2022
Time: 1:30pm until 4:00pm
Cost: FREE for NDSS registrants
Location: Walgett CWA Hall
32 Pitt St, WALGETT

For people living with type 1 and type 2 diabetes

Your feet are made for walking - so let's keep them healthy. This workshop will teach you all you need to know about checking and caring for your feet. In this practical workshop you will learn about:

- How high blood glucose levels can affect your feet
- Daily foot care and protecting your feet
- Assessing your feet and footwear
- How to prevent infection and foot complications



Bookings are essential as spaces are very limited.
To register call the NDSS Helpline on 1800 637 700
or book online now at events.ndss.com.au

PLEASE HAVE YOUR NDSS CARD READY WHEN BOOKING.