

You're invited to join us for FREE diabetes education in Lightning Ridge



CarbSmart

Date: Friday 20 May 2022
Time: 9:30am until 12:30pm
Cost: FREE for NDSS registrants
Location: Lightning Ridge District Bowling Club
 1 Agate St, LIGHTNING RIDGE

For people living with type 2 and gestational diabetes

Confused about carbs? This session will help clear up any myths and give you the facts about carbohydrates. Learn about the different types of carbs and the amount that is best for you. You will receive practical information about:

- Food and diabetes
- Choosing good quality carbohydrates
- How much carbohydrates you need each day
- How carbohydrates impact your blood glucose levels



MedSmart

Date: Friday 20 May 2022
Time: 2:00pm until 4:30pm
Cost: FREE for NDSS registrants
Location: Lightning Ridge District Bowling Club
 1 Agate St, LIGHTNING RIDGE

For people living with type 2 diabetes only

In this workshop you will learn about the basics of diabetes and digestion, so that you can understand more about your medications. This workshop will teach you what your medications are, what they do, and give you the opportunity to address any concerns you may have. You will receive practical information about:

- How medications work
- Reading medication labels
- Insulin
- Side effects
- Barriers to using medication

Please bring along your diabetes medication packaging for the practical activities.



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.