NDSS
national diabetes services scheme

Your NDSS agent in NSW & ACT is

diabetes nsw & act

You're invited to attend FREE diabetes education in Parkes

Tuesday 30 January 2018

9:30am

Med Smart

Date: Tuesday 30 January 2018
Time: 9:30am until 12pm
Where: Parkes Services Club, 9-17 Short St, Parkes

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 ensure you bring your medication boxes along to the session.
For people living with: type 2 diabetes only

1:30pm

Shop Smart

Date: Tuesday 30 January 2018
Time: 1:30pm until 4pm
Where: Parkes Services Club, 9-17 Short St, Parkes

Do you know what is really going into your trolley? Learn how to decode food labels and spot the techniques used to trick you into buying unhealthy food. This two-hour workshop will help you make healthy choices while shopping. This session will cover the following topics:

- What is healthy eating?
- Reading food labels and nutritional information on food products
- Learn about the Glycaemic Index of foods and how it impacts your blood glucose levels
- Portion sizes and the amount of carbohydrate in foods

For people living with: all types of diabetes.

These programs are FREE for NDSS registrants.

Limited spaces available.
Bookings are essential.
Call 1300 136 588 to book now
or book online at diabetesnsw.com.au/events

Please have your NDSS card ready when booking.