

You're invited to attend **FREE** diabetes education in **Cowra**

Wednesday 31 January 2018



Date: **Wednesday 31 January 2018**
Time: **9:30am until 12pm**
Where: **Cowra Services Club, 101 Brisbane St, Cowra**

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



Date: **Wednesday 31 January 2018**
Time: **1:30pm until 4pm**
Where: **Cowra Services Club, 101 Brisbane St, Cowra**

Do you find checking your blood glucose painful? Or suspect you are not getting accurate results? This practical skills session will show you all the best techniques for using your meter to help manage your diabetes.

Topics covered include: measuring BGLs; self-managing BGLs; where to buy and how to test; setting goals to improve diabetes management.

Please bring along your medication boxes and blood glucose meter kit to the session.

For people living with: type 2 diabetes only.

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.

