

STOP!

GUESSING YOUR DIABETES

Confused about food?
Unsure about blood sugars?

In Just 4 weeks, you'll:

- ✓ Feel confident with what works for 'your' body
- ✓ Understand what's driving your blood sugars
- ✓ Know exactly what to eat
- ✓ Have meal ideas ready to go
- ✓ Learn about why you may require medications & how they work

Mastering Type 2 Diabetes: Foundation Series

 **Thursdays,**
(Other dates available - please enquire)

 **2 x 60 minute sessions each week**

First session: 2pm - 3pm
Second session: 3pm - 4pm

\$240

(\$80 with careplan*)

DVA all inclusive with referral*

For all 8 sessions

**See Staff for T&Cs*

Only 10 spots available

Enrol Now

 **08 8249 2050**

 info@digesthealthcare.com

 see staff at pharmacy for more details



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