

STOP!

GUESSING YOUR DIABETES

Confused about food?

Unsure about blood sugars?

Join our

[Mastering Type 2 Diabetes: Foundations Group Class]

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



Thursdays,

(Please enquire for timetable)



2 x 60 minute sessions each week

First session: 2pm – 3pm

Second session: 3pm – 4pm

\$240

or \$80 with careplan*

DVA all inclusive with referral*

For all 8 sessions

Only 10 spots available

**See Staff for T&Cs*



Enrol Now



08 8249 2050



info@digestthehealthcare.com



see staff at pharmacy for more details



**TerryWhite Chemmart Trinity Medical Centre,
28 College Street, Port Adelaide, 5015**



**TerryWhite
Chemmart**
Trinity Medical Centre
Port Adelaide

Diabetes & Weight Optimisation CLINIC

Services

- **Diabetes Educator**
- **Dietitian**
- **Sleep Apnoea Diagnostics**
- **Travel Vaccinations**

Scan the QR Code to make an appointment today.



08 8249 2050

BOOK NOW!



**TerryWhite
Chemmart**
Trinity Medical Centre
Port Adelaide