



## Living with insulin

For people who are living with type 1 or type 2 diabetes and who use insulin. This program will help you understand insulin, the different products and equipment available, and the importance of looking after your blood glucose levels.

DATES	LOCATION
MIDWEST REGION	
Thursday 1 February	Geraldton



## ShopSmart

For people living with type 1 diabetes, type 2 diabetes or gestational diabetes. ShopSmart will help you to understand how to read food labels, and what to look for when choosing healthy options for yourself and your family.

DATES	LOCATION
SOUTH WEST REGION	
Tuesday 6 February	Bunbury
GREAT SOUTHERN REGION	
Thursday 22 February	Albany

For more information or to book into any of these workshops, visit [events.ndss.com.au](https://events.ndss.com.au)  
call **1300 001 880**  
or email [bookings@diabeteswa.com.au](mailto:bookings@diabeteswa.com.au)



# SELF-MANAGEMENT WORKSHOPS

REGIONAL

# JANUARY TO MARCH 2024



Scan the **QR code**  
to book into a workshop



The NDSS is administered by Diabetes Australia



National Diabetes Services Scheme  
An Australian Government Initiative

NDSS Helpline: 1800 637 700. [ndss.com.au](https://ndss.com.au)

Just been diagnosed? About to start a new medication? Need to get on track? Then come along to a free diabetes workshop. As part of your NDSS registration you are entitled to attend Diabetes WA's workshops for free.



## DESMOND

**For people living with type 2 diabetes.** The DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) program provides you with a welcoming and non-judgmental space where you can plan how you would like to manage your diabetes.

DATES	LOCATION
<b>MIDWEST REGION</b>	
Tuesday 23 January	Geraldton
<b>SOUTH WEST REGION</b>	
Tuesday 13 February	Busselton
<b>WHEATBELT REGION</b>	
Monday 22 January	Northam



## MedSmart

**For people living with type 2 diabetes.** Making sense of your medications can be difficult but it doesn't have to be. MedSmart will give you information about your medications, how they work, how to take them and how they help manage your diabetes.

DATES	LOCATION
<b>MIDWEST REGION</b>	
Monday 12 February	Geraldton
<b>GREAT SOUTHERN REGION</b>	
Monday 5 February	Albany
<b>SOUTH WEST REGION</b>	
Wednesday 6 March	Bunbury



## CarbSmart

**For people living with type 1 diabetes, type 2 diabetes or gestational diabetes.** CarbSmart will help you enjoy quality carbohydrates in a way that suits you and your diabetes.

DATES	LOCATION
<b>SOUTH WEST REGION</b>	
Tuesday 6 February	Bunbury
<b>GREAT SOUTHERN REGION</b>	
Thursday 22 February	Albany



## FootSmart

**For people living with type 1 diabetes or type 2 diabetes.** Living with diabetes means living with an increased risk of foot problems. FootSmart gives you the skills and knowledge to create a care routine that will help avoid future foot problems.

DATES	LOCATION
<b>MIDWEST REGION</b>	
Monday 12 February	Geraldton
<b>GREAT SOUTHERN REGION</b>	
Monday 5 February	Albany
<b>SOUTH WEST REGION</b>	
Wednesday 6 March	Bunbury



## Living Well

**For people living with type 2 diabetes.** This free event will showcase the latest information on diabetes with a focus on living well with diabetes, delivered to you by experts in the field.

DATES	LOCATION
<b>MIDWEST REGION</b>	
Thursday 1 February	Geraldton