

I'm too busy to deal with this condition...

Why me?

I'd like to understand more...

I think I'll ignore it...

Diabetes is no big deal...

Do you have type 2 diabetes? Have these thoughts ever crossed your mind?

I'm feeling overwhelmed!

If so, take part in a program that helps put diabetes into perspective and you in the driver's seat.

DESMOND is an award-winning, evidence-based health program for people living with type 2 diabetes. During the single day DESMOND session, you will gain practical skills and learn about food choices, physical activity, medicines and more.

Up-coming sessions:



DESMOND Australia in
collaboration with DESMOND UK

www.desmondaustralia.com.au