

# ASIAN SPECIFIC DIABETES SELF MANAGEMENT SUPPORT

Saturday, 28<sup>th</sup> September 2019 | 9.30am-3:30pm

APHO Unit D, Level 4

210 Khyber Pass Road, Grafton



**Understand Type 2 Diabetes  
Monitoring & Management  
Healthy Lifestyle  
(Food, Physical Activity)  
Preventing Complications  
Medication Adherence  
Living Well With Diabetes**

*If you've been diagnosed with diabetes, one of the best things you can do is attend a diabetes self-management workshop. These are designed to help you develop the skills, knowledge and confidence to keep well and reduce your risk of complications.*

