



# PREVENT DIABETES

## THE MUST ATTEND WORKSHOP



### DID YOU KNOW?

- Diabetes is the **fastest** growing chronic illness in Australia.
- 1 person develops diabetes every **5 minutes**.
- Most people don't know that they are developing diabetes because the signs and symptoms are **silent**. This is called pre-diabetes.
- Without lifestyle changes **1 in 3** people with pre-diabetes will develop type 2 diabetes causing ill health, poor quality of life and increased risk of heart complications.
- Anyone can develop diabetes.

**Don't worry!** Diabetes can easily be prevented and even managed with simple lifestyle changes. Our experts in mental health, exercise and nutrition are here to provide you with simple tips and give you easy to follow programs that will help to prevent diabetes, or help to manage it.

### WHAT WILL YOU LEARN?



How to stick to lifestyle change goals and manage health anxiety with friendly Clinical Psychologist, Nat.



Exercise tips and workout program to prevent and manage diabetes with our talented Exercise Physiologist, Adam.



Healthy eating advice and a meal plan to prevent and manage diabetes with expert Dietitian, Danni.



Knowledge is powerful, it gives you the tools to live a healthier quality of life. Come along and learn some invaluable advice from our friendly experts.

**Book now - it's NEVER too late to start making healthier life style changes!**

**BOOK HERE**