

Diabetes Australia – Vic is running a
One Hour Information Session
on the prevention of Type 2 Diabetes at the
Melton Men's Shed

Did you know that:

- Almost 25% of Australians are at high risk of developing type 2 diabetes
- You can have type 2 diabetes and not know it
- In most cases, type 2 diabetes can be prevented or delayed
- Type 2 diabetes can have serious complications if not managed

Come to this **free session** to find out how you can reduce your risk of developing type 2 diabetes and improve your health. The session will cover information on the following:

- What is diabetes
- Symptoms and complications of diabetes
- Risk factors for type 2 diabetes
- How to prevent type 2 diabetes
- Life! Program

The Life! Program is a government funded initiative that is free for most eligible people. The program is designed to support people at risk of type 2 diabetes, to make achievable lifestyle changes to reduce risk and improve health and wellbeing. It is endorsed by General Practice Victoria and run by specially trained health professionals. If eligible you have the choice of a community course or telephone health coaching.

You will have the opportunity to fill in a confidential diabetes risk test on the day. If you are at risk and eligible for a course you can receive a confidential call to discuss your options.

Find out your level of risk and your options on: **Tuesday 12th April at 10.30am.**

Venue: Melton Men's Shed, Willows Historical Park, 76 Reserve Rd, Melton.

Bookings essential, refreshments provided. Sign up for this session at the Shed or leave your details with the Melton Men's Shed Development Officer on ☎ 9971 5106.

Call 13 RISK (13 7475) or visit www.diabetesrisk.org.au