

FREE Type 2 Diabetes Workshop in Lilydale

Diabetes Victoria invites you to take part in our **FREE** program for people living with type 2 diabetes.

Our programs are designed to help you better manage your diabetes, wherever you are on your health journey. Run by experienced and supportive health professionals, our programs are informative, supportive, and free of judgement.

Date	Program	Location	Time
Wednesday 31, May 2023	DESMOND	Lilydale Football Netball Club 179 Main Street, Lilydale	9.30am – 5.00pm
<p>Venue directions: Access the venue from the Melbourne (western) side, after you pass under the railway overpass you veer left into the service road. At the end of the service road turn left (north) beside the creek into the Lilydale Reserve, then left again when you enter the reserve gateway.</p>			

Diabetes Victoria are committed to a COVID-safe environment. Numbers are therefore limited, and bookings are essential.

Bookings are essential. You can book a place in these programs in two ways:



1. Phone the NDSS Helpline on: 1800 637 700.
2. Visit the NDSS website at: <https://www.ndss.com.au/services/support-programs/>

DESMOND - Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

Do you feel confident managing your type 2 diabetes? There is a lot to consider when you have diabetes, so if you ever feel unsure, don't worry, you're not alone. The DESMOND program recognises that there is no 'one size fits all' approach to diabetes management. It is intended to provide you with a welcoming and non-judgmental space where you can plan how you would like to manage your diabetes.

The DESMOND program covers:

- Healthy food choices
- Physical activity
- Blood glucose monitoring
- Medication management
- Personal goal setting

DESMOND is built around group activities, with participants sharing experiences and talking about what type 2 diabetes means to them. The abbreviation DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed.

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

LOCAL CONTACT: Brian Mier,
Phone 0418 326 670; Email bpm45au@bigpond.com

Further NDSS Sessions in Lilydale:

- **Thursday 22 June 9.30 am-12.30 pm 'Ready Set Go' (Physical Exercise)**
- **Thursday 22 June 1.30-3.30 pm FootSmart (Caring for your feet)**
- **TBA July 9.30 am-12.30 pm 'CarbSmart'**
- **TBA July 1.30-3.30 pm 'ShopSmart'**
- **TBA August 9.30 am-12.30 pm 'Living with Insulin'**
- **TBA August 1.30-3.30 pm 'MedSmart'**

Note – the above sessions may change sequence. Register your Expression of Interest with Brian to be advised about each one several weeks in advance.

The full seven sessions will be repeated in Healesville and Yarra Glen in partnership at the Living & Learning Centres, expected to commence in July.

It is hoped that they will then be repeated in Belgrave or Monbulk commencing in September.
