

Merri Health | Diabetes Info Session
July 28, 2023 | Facebook



Merri Health

July 28 at 12:00 PM

📣 ATTENTION EVERYONE- FREE INFO SESSION 📣

Are you interested in taking charge of your health and preventing the onset of type 2 diabetes and heart disease? 🏠 Well, we've got some fantastic news for you!

Join us at our upcoming info session where you'll get the chance to learn from a Diabetes Nurse, Dietitian, and Exercise Physiologist. They're going to share valuable insights and tips on how you can lead a healthier lifestyle and protect yourself from these conditions.

📅 DATE: August 21st

🕒 TIME: 10.30am-11.30am

🏠 VENUE: Glenroy Neighbourhood House

This is a golden opportunity to ask your questions and get expert advice on how to make positive changes in your life!

📞 To reserve your spot, call Rebekah (Merri Health) at 9319 9457 or ✉ email diabetes.prevention@merrhealth.org.au

Feel free to share this post with friends and family who might benefit from this session. See you there! 😊😊

#HealthAndWellness #DiabetesPrevention #HeartHealth #LiveHealthy
#InfoSession #MerriHealth #TakeChargeOfYourHealth



Diabetes info session

Are you at risk?

Do you have pre-diabetes?

- Are you at risk of diabetes due to family history, high blood pressure, cholesterol, excess weight, an inactive lifestyle, polycystic ovary syndrome or gestational diabetes?

Join us:

Come along to this FREE info session and learn from a Diabetes Nurse, Dietitian and Exercise Physiologist about how you can prevent the onset of type 2 diabetes and heart disease.

Register Now:

Call Rebekah (Merri Health) on 9319 9457 or
Email diabetes.prevention@merrihhealth.org.au

Monday 21 August
10:30am - 11:30am



Glenroy Neighbourhood House
5b Cromwell Street, Glenroy 3046



Merri Health @MerriHealth • 1h

📣 ATTENTION EVERYONE! Join us at this FREE info session to learn from experts - a Diabetes Nurse, Dietitian, and Exercise Physiologist! Discover how to prevent type 2 diabetes and heart disease. 🏠

📞 Register Now!

[#LiveHealthy](#) [#MerriHealth](#)



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