



MERRI HEALTH PRESENTS

HOW TO STOP TYPE 2 DIABETES

- 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?

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.



THURSDAY, DECEMBER 1, 2022

10:30AM-12:00PM

BRUNSWICK LIBRARY

*Places limited
Register NOW!!*

To register, scan the QR code, e-mail:
diabetes.prevention@merrhealth.org.au
or phone Rebekah on: 9319 9457



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Healthcare that moves with you