



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.

To register: call Rebekah (Merri Health) on 9319 9457 or email diabetes.prevention@merrhealth.org.au

**Thursday 23
February**

10:30am - 11:30am

**Brunswick Meeting Room
(11 Glenlyon Road)**