



Diabetes support for your community

The NDSS is here for you with free diabetes education programs made for your community and delivered in your language by experienced health professionals.

Living Well with Diabetes

3-hour group session

Topics include:

- Understanding diabetes
- Your annual diabetes health check
- Blood glucose monitoring
- Eating well with diabetes
- Being active for good health
- » **Who it's for:** People at risk of or living with type 2 diabetes, as well as carers or support people.
- » **Available in:** Arabic, Cantonese, Greek, Hindi, Mandarin, Italian, and Vietnamese.

Community Information Sessions

1.5-hour face-to-face session or stall at events

Topics include:

- Understanding diabetes
- Reducing your type 2 diabetes
- Prevention and management
- Information about NDSS
- » **Who's it for:** People at risk of type 2 diabetes and anyone wanting to learn more about prevention, management, and available support.
- » **Available in:** Arabic, Cantonese, Greek, Hindi, Mandarin, Italian, Vietnamese, and English for multicultural audiences. Additional languages available on request.



Partner with us

We welcome opportunities to work with your organisation to provide programs made for your community's needs. If you would like to book a session, scan the QR code.

If you would like more information, please email program@diabetesaustralia.com.au