

*I'm too busy to deal with this condition...*

*Why me?*

*I'd like to understand more...*

*I think I'll ignore it...*

*Diabetes is no big deal...*

**Do you have type 2 diabetes? Have these thoughts ever crossed your mind?**

*I'm feeling overwhelmed!*

**If so, take part in a program that helps put diabetes into perspective and you in the driver's seat.**

**DESMOND** is an award-winning, evidence-based health program for people living with type 2 diabetes. During the single day DESMOND session, you will gain practical skills and learn about food choices, physical activity, medicines and more.

**Up-coming sessions:**



DESMOND Australia in  
collaboration with DESMOND UK

[www.desmondaustralia.com.au](http://www.desmondaustralia.com.au)