

Live Your Life EXPO

Saturday 8 July 2017

Call **1300 136 588**
to book now!

**Carers and family
members are more
than welcome!**

ROSEHILL GARDENS RACECOURSE

9:30am arrival for a 10am start

Morning tea, lunch and light refreshments will be provided.

\$15 for Diabetes NSW & ACT Members*

\$20 for non-members and guests

*Subsidised by Diabetes NSW & ACT

CALL 1300 136 588 OR VISIT DIABETESNSW.COM.AU/EVENTS TO BOOK YOUR TICKET NOW!



Whether you were diagnosed two weeks ago or have lived with diabetes for decades, the Live Your Life Expo is your chance to chat, ask questions and get new tips to help make your life with diabetes a little easier.

With separate programs for type 1 and type 2, you will share the day with other people who understand living with diabetes.

Type 1 room topics covered

- Is carb counting enough?
- Looking After You: Biennial Complications Screening
- Diabetes NSW & ACT Ambassadors
- And much more!

Type 2 room topics covered

- Serving sizes for a healthier you
- Motivation to move
- Taking the stress out
- Panel session: Looking After You - Annual Cycle of Care
- And much more!

