

Pre diabetes

*The NDSS would like to invite you to attend a consumer forum.
Come along for a session filled with information, advice and support.*

**THIS SESSION IS
SUITABLE FOR**

**PRE
DIABETES**

Dates **Wednesday 23 June, 10am - 12noon**
Thursday 19 August, 10am - 12noon
Tuesday 5 October, 10am - 12noon
Thursday 9 December, 1pm - 3pm

Venue **Diabetes SA**
159 Sir Donald Bradman Drive, Hilton

About Pre diabetes occurs when the blood glucose level is higher than normal, but not high enough for a diagnosis of type 2 diabetes.

People with pre diabetes have a 1 in 3 chance of developing type 2 diabetes within 5-10 years, but this can be minimised through healthy eating and physical activity.

Come along and learn what these terms mean and how to minimise the chances of developing type 2 diabetes.

Cost This session is FREE to the public.

RSVP Please call Diabetes SA today to book your place.