

10月24日  
Belmore

## 社區糖尿病講座—廣東話 BELMORE

本次研討會以改善您的健康為唯一宗旨，並將支援您增強照顧自己的信心。生活方式上細小的改變可以大大改善您的健康，並預防或延緩一些糖尿病併發症。

在本次研討會期間，您將瞭解到：

- 認識糖尿病
- 給生活方式帶來健康的改變
- 與糖尿病共度人生

小組教  
學，便於  
提問

**日期：** 2019年10月24日星期二

**時間：** 上午9:30至下午12:30

**地點：** Canterbury Leagues Club, 26 Bridge Rd Belmore

有2型糖尿病（但不使用胰島素）或者有糖尿病前期風險的人士可**免費**參加本次活動。本次活動供應簡易午餐。

名額有限。敬請報名。  
立即致電 **1300 342 238** 或訪問  
**diabetesnsw.com.au/events** 預訂！

如果您希望帶上其他家庭成員或朋友，請在報名時告知。

翻譯與口譯服務：**13 14 50**

24 October  
Belmore

# COMMUNITY DIABETES PROGRAM - CANTONESE - BELMORE

This workshop is all about a healthier you, and will support you to increase your confidence in looking after yourself. Small lifestyle changes can lead to big improvements in your health, and prevent or delay some complications of diabetes.

During this workshop you will learn about:

- Understanding diabetes
- Making healthy lifestyle changes
- Living with diabetes

*Small group  
so that you  
can ask  
questions*

**Date:** Thursday 24 October 2019

**Time:** 9:30am until 12:30pm

**Where:** Canterbury Leagues Club, 26 Bridge Rd, Belmore

This program is **FREE** for people who are at risk of, or have been diagnosed with type 2 diabetes (and are not using insulin).

**Limited spaces available. Bookings are essential.**

**Call 1300 342 238 or visit**

**[diabetesnsw.com.au/events](http://diabetesnsw.com.au/events) to book now!**

Please note you will need to provide your GP's details when booking and let us know if you wish to bring a support person.

**Translating and Interpreting Service: 131 450**