

Type 2 Diabetes Patient Education Group

*Groups will be held on Fridays between 9am to 12md
This will include a morning tea break.*

Which topics will be covered?



What is type 2 diabetes.



Medications (including insulin)



Blood glucose monitoring



Physical activity and exercise



Managing a healthy weight



Making healthy food choices

2025 Dates

- 19th March
- 25th June
- 29th October

Location:

John Shine Room,
The Kinghorn Cancer Centre,
370 Victoria St,
Darlinghurst NSW 2010.

Meet at building reception.

To Refer:

Please fax referral, including patient's medical history, to the diabetes centre on
8382 4665 or email to svha.diabetesfax@svha.org.au

OR

Your patient can contact the service directly on (02) 8382 2622.