

Community Diabetes

Education sessions

If you would like to get involved in one of our sessions,
give the team a call on 9540 8175

or email:

SESLHD-Intake-IntegratedCareUnit@health.nsw.gov.au

Comdiab is FREE Diabetes Information for those with type 2 (non complex) diabetes and/or those at risk of.

Understand and monitor your diabetes

Make healthy choices

Be physically active

Prevent diabetes complications

Get your sugar levels checked

Session	Location	Time
Tuesday 18th November	HealthOne Building Sutherland Hospital, Caringbah	10.30am—12.30pm
Tuesday 2nd December	St George Education & Research Building St George Hospital, Kogarah	10.30am—12.30pm

