



Shell Cove
FAMILY HEALTH



DO YOU WANT TO LEARN HOW TO REDUCE YOUR RISK OF DIABETES?

To promote Diabetes Awareness Week, Shell Cove Family Health is inviting you to a FREE information session to learn how to reduce your risk of developing type 2 diabetes.

Take advantage of this great opportunity to learn more from our experienced team of dietitians, exercise physiologists and nursing staff about:

- Your risk of developing type 2 diabetes in the next five years
- Healthy eating to reduce your risk, how to put together a healthy meal, snack ideas and making better food choices
- Easy exercises you can do anytime, anywhere!

DATES:

TUESDAY 14 JULY, 1.00PM - 2.00PM
THURSDAY 16 JULY, 10.30AM - 11.30AM

LOCATION:

SHELL COVE FAMILY HEALTH, 2 SHALLOWS DRIVE, SHELL COVE

**EVERYONE WELCOME, TO FIND OUT MORE, OR TO REGISTER,
CALL 4220 8800 OR SPEAK TO RECEPTION.**



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Shell Cove Family Health is owned and operated by Grand Pacific Health with funding assistance from the Federal Government's GP Super Clinic program.

