

## ***Do you wish to learn how to manage your sugar levels?***



### **Group Education Sessions for Diabetes management – LEAD program (Lifestyle, exercise and Healthy eating)**

**8 sessions targeted at educating, motivating and providing the skills to help gain control of your sugar levels and more**

**These 8 sessions and the initial assessment are in addition to the 5 individual consultations on the care plan**

**WHERE:** Suite 115, 30-34 Campbell Street Blacktown

**COST:** Bulk billed with eligible care plan and others are welcome to attend for \$20 per session (claimable on private health fund)

**Contact:** Deepali 0433157362/88145623 for more program information or to enrol in a program

Website: [www.lifestyledietclinic.com.au](http://www.lifestyledietclinic.com.au)