



**DON'T  
IGNORE  
DIABETES**

# Speak Out About Diabetes

Increase your knowledge of how you can prevent type 2 diabetes by booking a Diabetes WA Speak Out presentation. These interactive group presentations include information on:

- Diabetes and why it is serious.
- Risk factors associated with type 2 diabetes.
- How to prevent type 2 diabetes.

Speak Out presenters are available to come to your workplace or community group at no charge. Available in the metropolitan area and some country centres.

Presentations can be requested for 45 minutes to one hour. Bookings are required at least six weeks prior to requested date.

**Note:** Speak Out presentations do not cover management of diabetes and are not suitable for the frail aged.

**Did you know?**  
1.7 million Australians have diabetes. **Half** don't know they have it.

For more information or to book a presentation go to;  
**[www.dontignorediabetes.com.au](http://www.dontignorediabetes.com.au)**

or call Diabetes WA  
**1300 136 588**



Department of  
Health



# Online Program

My Healthy Balance is an internet and email program that can provide you with knowledge, skills and confidence to live a healthy, balanced lifestyle.

My Healthy Balance is a **free** program that may help you:

- Achieve and maintain a healthy weight
- Reduce your risk of chronic health conditions
- Make healthy behaviour changes that can last a lifetime
- Feel great

My Healthy Balance includes:

- Healthy eating information and skills
- Practical information on getting and staying physically active
- Motivational emails
- Personal goal setting
- Links to helpful resources and recipes

To start learning today visit:

[www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)



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