



Getting Started Group Education Session

Healthy Living NT runs a group education session for people with type 2 diabetes or pre diabetes.

The sessions cover information including:

- What diabetes is,
- Complications of diabetes,
- How it can be managed with lifestyle and medications,
- Monitoring blood glucose levels.

The session is delivered by a diabetes nurse educator and a dietitian.

The group session is followed by individual appointments and the ongoing drop in group, Touching Base.

All family members are encouraged to attend. Groups run every fortnight in Darwin and monthly in Palmerston (after hours) and Alice Springs.

If you have any queries, or wish to book in, please ring 8927 8488 (Darwin), or 8952 8000 (Alice Springs)

Darwin

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Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

Healthy Living NT
is the registered NT
licence holder for
Life. Be in it.



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NDSS
national diabetes services scheme

