

Your *partner in heart*
& *diabetes health*

Gestational Diabetes Group Education Session

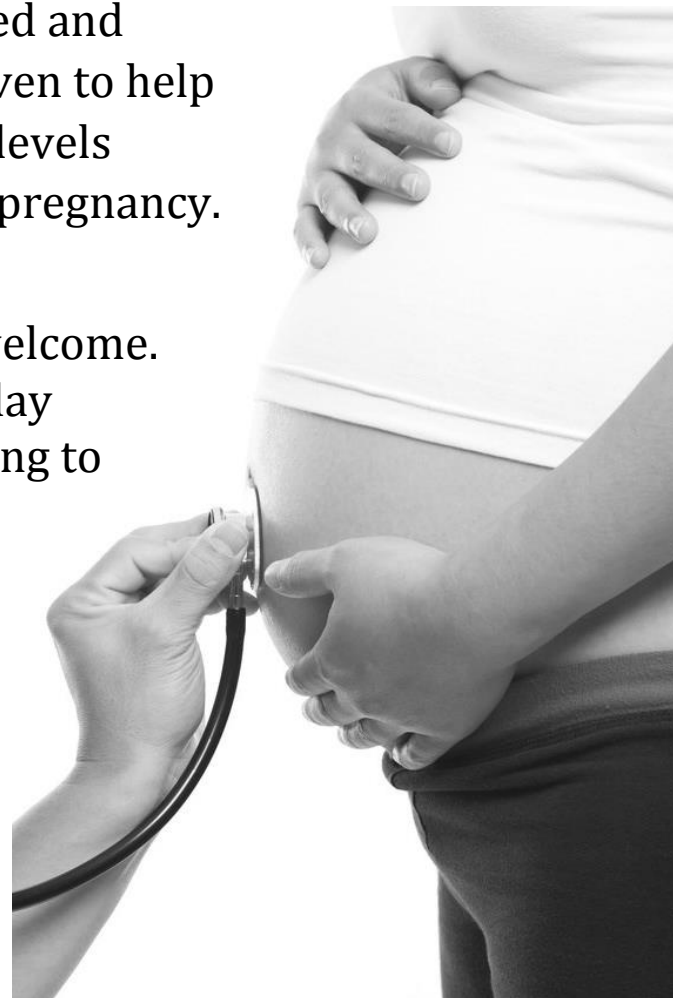
Healthy Living NT runs a group education session at our Tiwi office in Darwin, for women who have been diagnosed with gestational diabetes.

The sessions cover information about what gestational diabetes is, how it can be managed with lifestyle and introduces monitoring blood glucose levels.

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

The group session is followed by individual appointment a week later, where results are reviewed and additional information given to help maintain normal glucose levels through to the end of the pregnancy.

All family members are welcome.
The session starts Thursday
afternoons 1pm, please ring to
book in on 8927 8488.



healthylivingNT

Darwin

Shop 1 & 2 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515
E: info@healthylivingnt.org.au

Alice Springs

Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

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.



Life. Be in it.™

NDSS
national diabetes services scheme