

Your *partner in heart*
& *diabetes health*

Gestational Diabetes Group Education Session

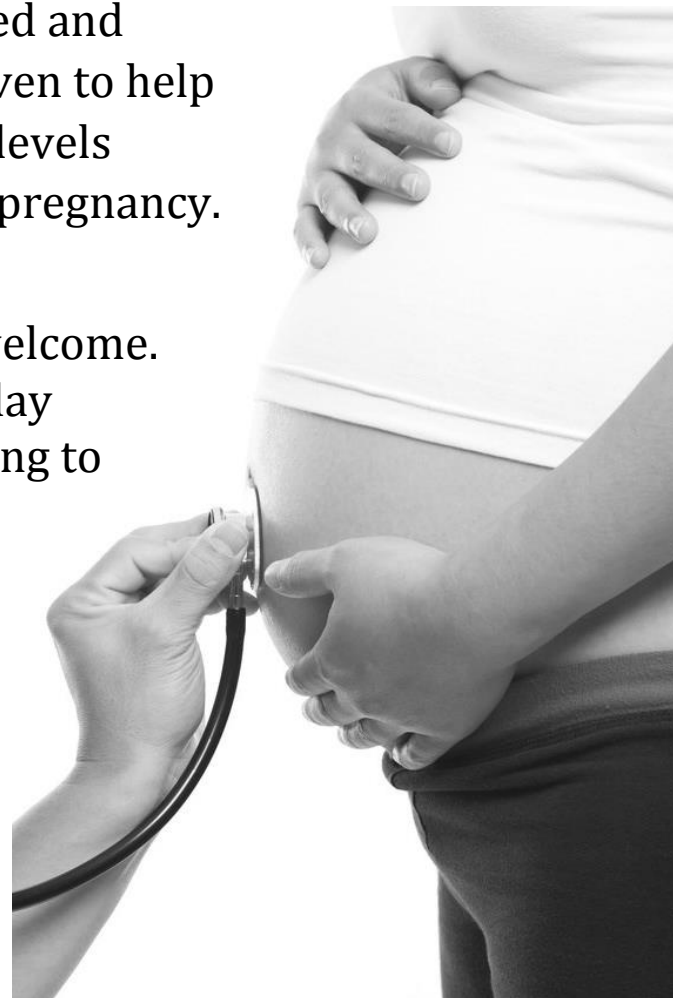
Healthy Living NT runs a group education session at our Tiwi office in Darwin, for women who have been diagnosed with gestational diabetes.

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.



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Diabetes Association
of the Northern Territory
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NDSS
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