

LADYPAUSE NETWORK



<http://www.yourthyroidandyou.org/ladypause>
& <http://www.ladypausegroupinfo.org>

PRESENTS

Free Health & Lifestyle Seminars

For

Women Wise in Middle Years

A Forum for Women in Mid Life

Every Third Monday
10.00 AM - 12:00 NOON

Venue:

**Community Meeting Room Ground Floor
Brisbane Square Library
266 George Street Brisbane**

Monday 19th September 2016



Guest Speaker **Alan Warrington.**

There are three main types of diabetes: type 1, type 2, and gestational diabetes.

Understanding the different kinds of diabetes can help you understand the symptoms and treatment available.

People can live well with diabetes, although there is currently no cure

Type 1 and type 2 diabetes are lifelong conditions that can affect every part of an individual's life. Living well with these conditions can reduce the risk of diabetes-related complications, and improve the quality of life and life expectancy. While type 2 diabetes is largely preventable and can often be managed by healthy eating and exercise alone.

Type 1 diabetes is an autoimmune condition that attacks the cells in the pancreas that produce insulin.

Type 2 diabetes being the fastest growing chronic condition.

There are currently more than 192,000 people in Queensland diagnosed with type 2 diabetes.

Gold coin donation



Tea and coffee provided

Seminar Inquiries Contact *Jacqui*

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Seminars Organized by Ladypause Network

