



## Life! Diabetes Prevention Program

Fusion Allied Health is now a registered provider of this meaningful life-style modification program which is evidence-based, government funded and aims to prevent type 2 diabetes and reduce the risk of other diseases.

Our next course starts in mid-October and we are recruiting participants now!

For the majority of participants this is a free program. Make the most of this opportunity.

The program involves 6 education sessions covering a variety of topics. This will assist you in achieving health and lifestyle goals such as good nutrition, weight loss and safe and sustainable exercise. Modifying these life-style factors can prevent the onset of type 2 diabetes.

*If you're over 50 & overweight, have a history of heart disease or have been diagnosed with gestational diabetes you are eligible.*

Check your score and eligibility to attend this free course at Fusion. Alternatively give us a call, and make the first step to creating meaningful changes.

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Take the test visit:  
[www.diabeteslife.com.au](http://www.diabeteslife.com.au)

