

Ready Set Go, Let's Move

Register now for FREE diabetes education

Northcote, Victoria

Date	Friday, 15 September 2023
Time	9:30am - 12:30pm
Location	Your Community Health, Activities Room, 42 Separation St, Northcote
Cost	FREE for people registered with the NDSS
Suitable for	✓ type 1 or type 2 diabetes

Exercise – of course we all know it's good for health, especially if you have diabetes. But knowing where to start and how to stay motivated can be tough. This is where Ready Set Go, Let's Move comes in. Get support and be empowered to take the first step in making exercise a part of your routine, or perhaps increasing the amount you are already doing.

The Ready Set Go, Let's Move program covers:

- The positive effects exercise can have on blood glucose levels
- What could be stopping you from being more active
- Your personal step-by-step plan of action.
- You'll also get a booklet with exercises you can do at home with minimal equipment. So, don't wait—get ready, set, go!



Scan this QR code
to find out more and
book online

Bookings are essential. Book online or call the NDSS Helpline and have your NDSS card ready.

NDSS Helpline 1800 637 700
events.ndss.com.au