

ARE YOU AT RISK OF TYPE 2 DIABETES? TEST YOURSELF.



MEN - 90cm | • | • | • | • 100cm
WOMEN - 80cm | • | • | • | • 90cm

A waistline of over 100cms for men and over 90cms for women puts you in the highest risk category for Type 2 Diabetes.

Type 2 Diabetes can be prevented.

Take the free risk test at www.diabetesvic.org.au.

Talk to your GP today - you may be referred to a 'Life!' course in your area.

See your Doctor and get on course.