

Life!

Taking Action on Diabetes

Over 50 and ignoring your risk?

Type 2 diabetes is serious

A Life! course can help you prevent or delay the onset of type 2 diabetes and is free for most people.

The tailored course can help you feel better and live longer to spend more time with your family and friends.

The number of new cases of type 2 diabetes can be halved in people at high risk who have attended a lifestyle course.

Fill in the coupon or call 13 RISK (13 7475).

 diabetes
australiavic

go
for
your
life

Victoria
The Place To Be

Send my FREE Life! pack



Includes Type 2 Diabetes Risk Test, information about the Life! course, Life! fridge magnet and pen.

Name: _____

Phone: _____

Address: _____

City: _____

Postcode:

Mail to: FREE Life! pack, Diabetes Australia-Vic, 570 Elizabeth St, Melbourne Vic 3000

Call 13 RISK (13 7475) or visit goforyourlife.vic.gov.au/life