



Manage the highs and lows of diabetes, keep your feet healthy and happy and stay living an active, independent life.

If you have diabetes, are at risk of developing diabetes, or have a foot condition, the Foot and Diabetes Wellness program can help you manage your health and stay on your feet.

You will benefit from the program by learning;

- The lifestyle changes you can make to manage diabetes and foot health.
- Tips to stay active, prevent falls and eat nutritious meals.
- The early signs of diabetes and associated foot health concerns.
- How to manage foot ailments and diabetic emergencies.

For more information:

1300 782 896 | integratedliving.org.au





You will take
more than two
million steps in
your lifetime.

Take the next step to healthy living with the
Foot and Diabetes Wellness program.

This program will run for 16 weeks and includes:

- Clinic at the beginning and end of the program;
- Two hourly, face-to-face groups sessions for 14 weeks;
- Individual reviews by our qualified health professionals as required;
- A Participant Guide and Wellness Tracker to keep;
- iPad to use for the duration of the program.

To be eligible you must:

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander;
- Have diabetes, be at risk of developing diabetes and/or have a foot condition.