

For information regarding course dates and times please contact General Practice North West on 6425 0800

Venue: To be confirmed

Cost: \*\$50.00 for all seven sessions.  
Full payment required prior to commencement of course

\*No charge for concession card holders

**Facilitators:**

Accredited staff from General Practice North West:

**Elisa Williams** - Registered Nurse & Diabetes Educator

**Kim Dalla** - Registered Nurse & Diabetes Educator

**Linda Turner** - Registered Nurse & Diabetes Educator



For more information please contact  
**General Practice North West**



**GENERAL PRACTICE**  
*north west*

**Level 1, 11 Alexandra Rd**

**Po Box 358**

**Ulverstone TAS 7315**

**Phone: 6425 0800**

**Fax: 6425 0888**



AGPN ACKNOWLEDGES THE FINANCIAL SUPPORT OF THE COMMONWEALTH DEPARTMENT OF HEALTH AND AGEING

**Get a new lease of life**



**Are you 40 – 49 yrs of age?**



**Time to do something positive for your health**



Reset your life aims to help you get a new lease of life by improving your lifestyle to assist in preventing or delaying the onset of type 2 diabetes.



To be eligible for this program you will have:

- to undergo a Type 2 Diabetes Risk Evaluation
- complete a simple question and answer test to see if you are *at risk*. Attached is the assessment tool (AUSDRISK) which will help to identify your risk level of developing type 2 diabetes

Please speak with your doctor for a referral to participate in the *Reset your life* program, which has been developed by experts and nationally accredited to ensure it is of the highest quality.

The program is subsidised by the Australian Government and you will only pay a one off payment of \$50 for the complete program. (No cost for concession card holders/pension). You may be eligible for private health fund rebate.

This program is specifically designed for people between the ages of 40-49 years who are at risk of type 2 diabetes.

*Reset your life* is a group program with no more than 15 people in each session, where you will learn more about:

- pre-diabetes, including the risk factors, how it is diagnosed and treated and how to prevent or delay type 2 diabetes.
- healthy eating
- physical activity
- how to make healthy lifestyle choices
- stress management to improve your health
- setting goals to improve your health

### How long will the program go for?

*Reset your life* has seven sessions, which run over six months.

- In the first two months you will attend four sessions on a fortnightly basis.
- In the third and fourth months, you will attend two sessions on a monthly basis.
- Session seven will be six months after you start the program.

For further information see website:

**[www.newleaseoflife.com.au](http://www.newleaseoflife.com.au)**

*For support*

*Invite a friend or a partner*