



“Get a new lease
of life “



Are you 40 – 49 years of age?

Do you have:

- a smoking habit?
- unhealthy eating patterns?
- poor level of physical activity?
- a weight issue?
- increased stress levels?



Reset your life aims to teach you how to improve your lifestyle to assist in preventing or delaying the onset of type 2 diabetes.

Use the Risk Assessment Tool to see how you score. The AUSDRISK Assessment tool is available at this practice for you to complete.

The Program consists of:

- ✓ 7 sessions (run over six months)
- ✓ Group motivational & educational sessions supporting lifestyle changes & adoption of healthy lifestyle choices
- ✓ Participants manual
- ✓ Aust Government subsidised, you pay \$50 for the complete program. (No cost for concession card holders/pension). You may be eligible for private health fund rebates.

(Please speak with your GP today for more information)

www.gpnw.com.au or www.newleaseoflife.com.au

