



**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.





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 Senior Clinicians and Allied Health staff 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, and
- Have diabetes, be at risk of developing diabetes and/or have a foot condition.

**For more information:**

1300 782 896 | [integratedliving.org.au](http://integratedliving.org.au)