



If you have any English language difficulties, please ask staff to book an interpreter.
From home contact the Telephone Interpreter Service on 9605 3056.
Services are provided free of charge. Ask staff if this information is available in your preferred language.

Healthy Living and Diabetes Workshop

Our Healthy Living and Diabetes workshops are designed to give you greater control of your own health and wellbeing, enabling you to make informed and healthier choices for the future.

The workshop can help those with:

- Recently diagnosed Type 2 Diabetes
- Pre-diabetes
- Borderline sugar levels
- High risk of diabetes

Our 2 hour interactive workshops will inform you about:

- What diabetes is
- What foods to eat for diabetes
- Best foot care
- How to live a healthy life
- Important tips and advice to take home

We aim to support you to make informed, healthy choices while also linking with your GP and other healthcare team

Your Health Care team includes:

- Diabetes Educator
- Dietitian
- Podiatrist
- Physiotherapist



TO FIND OUT ABOUT OUR NEXT WORKSHOP:

Phone: **1300 130 381** (Mon to Fri)

Fax: **(03) 5962 1458**

E: communityhealth@easternhealth.org.au

What are the costs?

The level of fees you will have to pay is dependent on your income and whether you have a concession card.

There is no charge to healthcare card holders.

Due to demand for services there may be a waiting time for some services.

What else do we offer at Healesville Hospital and Yarra Valley Health?

- GP clinic, including After Hours service
- Renal Dialysis
- Pathology
- Radiology
- Surgery
- Specialist Outpatient clinics
- District Nursing
- Aboriginal Health team

Website:

<https://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health>

If you are unsure which services you require, we will be able to offer guidance. Our 'No Wrong Door Policy' ensures that if we cannot help you, we will direct you to a service better suited to your needs.

For Further Information

Phone: 1300 130 381

Fax: 5962 1458

Monday – Friday

9.00am – 5.00pm

Location details:

377 Maroondah Hwy, HEALESVILLE 3777

- Bus Stop (corner Eadie Avenue & Maroondah Hwy)
- Car parking onsite

2475 Warburton Hwy, YARRA JUNCTION 3797

- Bus Stop (in front of Eastern Health building)
- Car parking onsite



Feedback

If you have any feedback or suggestions on how to improve this information sheet, please contact the Centre for Patient Experience at our email address: feedback@easternhealth.org.au or call 1800 327 837

For more information or to book an appointment, call **1300 130 381**



Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required or permitted by law. We comply with relevant information and privacy legislation.

If you would like more information, please ask a staff member or visit our website www.easternhealth.org.au
Eastern Health is accredited by the Australian Council on Healthcare Standards.
5 Arnold Street, Box Hill, Victoria 3128
1300 342 255