



India Club hosting in collaboration with Western Sydney Diabetes

Empowering dynamic wellness in Indian and multicultural communities



LET'S START A CONVERSATION ABOUT DIABETES

DO YOU KNOW?

Studies show that ethnic populations are at a higher risk of developing diabetes. The good news is that one can prevent or delay type 2 diabetes by taking some easy, enjoyable steps.

Featuring:

- *what is diabetes and early detection*
- *a healthy food demonstration*
- *discussion on vegetables, healthy fats and grains*

Monday 17th August 2020, 11am - 12:45pm Via Zoom

Guest Speakers

Dr Rajini Jayaballa, Staff Specialist Endocrinologist,
Western Sydney Diabetes, Blacktown & Mt Druitt Hospitals

Professor Vicki Flood, MPH, PhD, APD,
Western Sydney Local Health District and University of Sydney

For any queries:

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Community Migrant Resource Centre: 9687 9901

Domestic Violence Prevention Network: uma.menon@cmrc.com.au

Indian Women Empower (iWE): 9687 9901

Nalika Padmasena Solicitor: npadmasena@seniorsrightsservice.org.au

Women in Business: wibmeetup@gmail.com