WOMEN’S WELLNESS WITH TYPE 2 DIABETES PROGRAM

Are you female, aged 45 to 65 years old, and diagnosed with type 2 diabetes? A research team led by Professor Jackie Sturt at King’s College London is looking for volunteers for a new research project to help midlife women with type 2 diabetes to achieve a healthier lifestyle and better control of their diabetes.

You will receive a 12 week structured lifestyle program including:

- A work book (hard copy and e-book)
- A physical activity and sleep sensor to wear on your wrist
- A website forum with other participants
- E-consultations with a Diabetes Nurse via Skype or FaceTime

Interested?

If you are interested, please register at: http://www.wwwdp.com.au where you can see more information and check your eligibility.