

About the programme

Take Control of Your Diabetes and **Walking Away from Diabetes** are free, short, locally run programmes that provide a supportive, friendly space for people and their whānau to better understand and confidently manage their health.

The sessions

Walking Away (Pre-diabetes)

A 2-hour informal session focused on practical lifestyle changes to reduce your risk of developing diabetes.

Take Control of Your Diabetes

A two-part course (only 2 hours each) offering practical information and tools to support diabetes management.

It's free

There is no cost to attend the sessions, and you will receive a resource pack at the end of the course to reinforce what you've learned.

Get in touch

If you're interested in learning more or signing up, give us a call.

Contact the course coordinator at

☎ **03 567 9600**

✉ **LTC@wellsouth.org.nz**

Your general practice team may also refer you.

Where and when are the sessions?

Programmes are available online or in person. Classes will be arranged across Southland and Otago throughout the year.

Find out more:

www.wellsouth.org.nz/control-diabetes



WellSouth Primary Health Network
Phone: 03 567 9600



Take Control of Your Diabetes

A free, local programme to help you manage your type 2 diabetes or reduce your risk of developing diabetes



Be empowered and informed to manage your type 2 diabetes, or to reduce the risk of developing type 2 diabetes in the future.

Two free and friendly programmes available online or in person with experienced local nurses, pharmacists and dietitians.

Walking Away from Diabetes (Pre Diabetes)

Our pre-diabetes **Walking Away** workshop is a practical two-hour session locally run in your area or online. It is designed to help you reduce your risk of developing diabetes.

What is covered?

- Healthy, simple eating
- Physical activity that works for you
- Medications in a simple, easy-to-understand way
- Tips for managing stress
- Improving sleep

Our course coordinators and presenters in 2026 including below left to right WellSouth long-term conditions nurses and presenters Marryllyn 'Maz' Donaldson and Dave Cox.

Pictured right is WellSouth dietitian Kirsty Hayr.



Take Control of Your Diabetes

Take Control of Your Diabetes supports people and their whānau to understand and manage their diabetes more confidently. The programme is locally-run and offered in-person or online.

What is covered?

The first session covers

- Better understanding of how diabetes may affect your day-to-day life.
- How to recognise and manage symptoms.
- Tips and advice to keep living well with diabetes.

The second session covers

Specialist advice from a dietitian and pharmacist with tips on nutrition and medication.

