



Courses available throughout the year

For information regarding course dates, times and venues please contact South East Alliance of General Practice (Brisbane)

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For more information please contact South East Alliance of General Practice (Brisbane)



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Get a new lease of life



Are you 40 – 49 yrs of age?



Are you interested in doing something positive for your health?



Reset your life aims to help you get a new lease of life by improving your lifestyle to assist in preventing or delaying the onset of type 2 diabetes.



To be eligible for this Program you will have to:

- complete a simple question and answer test to see if you are *at risk*. Attached is the assessment tool (AUSDRISK) which will help to identify your risk level of developing type 2 diabetes.
- undergo a Type 2 Diabetes Risk Evaluation.

Please speak with your doctor for a referral to participate in the *Reset your life* Program, which has been developed by experts and is nationally accredited to ensure it is of the highest quality.

The Program is subsidised by the Australian Government and only involves a one off payment of \$50 for the complete Program. (No cost for concession/health care card holders.)

This Program is specifically designed for people between the ages of 40-49 years who are at risk of developing type 2 diabetes. *Reset your life* is a small group Program where you will learn more about:

- Pre-diabetes, including the risk factors, how it is diagnosed and treated, and how to prevent or delay type 2 diabetes
- Healthy eating
- Physical activity
- How to make healthy lifestyle choices
- Stress management to improve your health
- Setting goals to improve your health.

How long will the Program go for?

Reset your life has seven sessions, which run over six months.

- In the first two months you will attend four sessions on a fortnightly basis.
- In the third and fourth months you will attend two sessions on a monthly basis.
- Session seven will be six months after you start the Program.

For support invite a friend or partner

For more information go to the following website: www.newleaseoflife.com.au.