Diabetes Reversal In Aboriginal Women

DRAW

Thank You For Registering Your Interest In The DRAW Project

This is An 8 Week Program – Success Will Depend On Your Commitment To The Yarning Groups & Lifestyle Changes You Decide To Make

The Program Will Be Run On Fridays & Each Session Will Consist Of :

1. Nyully Cooking session – A group cooking session where we will learn to cook each of the 7 meals given to you at the start.

2. Yarning group – we will all sit around together learning and yarning about our diabetes.

3. GP will zoom in and do a medical appointment called an Shared Medical Appointment (SMA) and a medication review. As you gain better control of your sugar levels, medications will need to be reviewed weekly, hopefully decreased and even ceased in some cases. Over a 3 month period, you will be given a Continuous Glucose Monitor (CGM) – this monitors your sugar levels every 5 minutes and sends it to your phone or receiver. You will see how your daily actions – what you eat, stress and activity levels, sleep, etc all affect your sugar levels in real time. This will help to create better decisions so you can learn new habits for yourself over time.

We really look forward to supporting each other on this life changing journey!

Waminda

strong women. strong community. strong culture.

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Learn How To Control Your Sugars So They Don't Control You!

Join Us & Co-Design A Diabetes Program For Koori Women

Gain glycaemic control, using Continuous Glucose Monitors (CGM's), and see in real time your bodies reactions to your actions

Create permanent habit changes, using real time information to improve your health outcomes

Learn about healthy & sustainable meal preparation, while being provided with meals through the Nyully Tucker program

Decolonise your diet, and make health decisions based on what's best for your body

Call Willow On

0438 340 705

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