

# Pre diabetes

Diabetes SA would like to invite you to attend a consumer forum for people living with diabetes. Come along for a session filled with information, advice and support.

**THIS SESSION IS  
SUITABLE FOR**

**PRE  
DIABETES**

**Venue**      **Diabetes SA**  
**159 Sir Donald Bradman Drive, Hilton**

**About**      Pre diabetes occurs when the blood glucose level is higher than normal, but not high enough for a diagnosis of type 2 diabetes.

People with pre diabetes have a 1 in 3 chance of developing type 2 diabetes within 5-10 years, but this can be minimised through healthy eating and physical activity.

Come along and learn what these terms mean and how to minimise the chances of developing type 2 diabetes.

**Cost**      This session is FREE.

