

# Women After Gestational Diabetes



## Get into health after gestational diabetes

Improve your health and wellbeing in a relaxed, baby-friendly environment. You'll learn about:

- Achievable lifestyle changes
- Healthy food and cooking for busy parents
- Practical ways to do daily physical activity
- Looking after your mental health

Just one hour a week for five weeks, with a specialised health expert each session.

Join our Women After Gestational Diabetes program today

Cost: Free

Book: 1300 552 509

Babies welcome to attend with mums



1300 552 509

[www.linkhc.org.au](http://www.linkhc.org.au)



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