



# Diabetes **YOU**nited

Your Community. Your Connection. Your Journey.

As the national peak body for all Australians living with diabetes, you are at the heart of everything we do. We want to support you to live well. That's why we launched **Diabetes YOUnited - our new, national membership program for all Australians living with diabetes.**

**Diabetes YOUnited Essential** is the free level of membership. No matter where you live in Australia, **Diabetes YOUnited Essential** makes support easy and affordable, providing you with the information and the community network you need.

As a valued member of our community, you'll receive:

- **Monthly Newsletter:** regular news and updates
- **Longevity Pathways:** guided support and information from health professionals
- **Diabetes Connect:** community forums and resources
- **Conversations:** regular webinars with health professionals.

There's also a paid level of membership with additional benefits. It's called **Diabetes YOUnited Plus** and includes a copy of *Circle* magazine every quarter, meal plans, Q&A sessions, recipe books and much more.

Join today and receive your free cookbook

[diabetesaustralia.com.au/membership](https://diabetesaustralia.com.au/membership)

# JOIN NOW

# AND RECEIVE

# A FREE DIGITAL

# COOKBOOK

with 6 delicious recipes

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australia

