

## ***Living Well with Diabetes Victoria* heads to Shepparton**

**Monday 18 February:** Diabetes Victoria is returning to rural Shepparton and will be hosting a *Living Well with Diabetes Victoria* event on Tuesday 26 March. The event will take place at the Quality Hotel Parklake Shepparton.

The event will feature two seminars tailored to people living with type 1 or type 2 diabetes. This event will offer participants the chance to meet leading health professionals and people who understand what it's like to live with diabetes.

**The type 2 event topics are: *How to put together a healthy meal* and *Emotional health for people living with type 2 diabetes*.**

Matt Ross, Type 1 Diabetes Engagement Officer, will be talking about the benefits of joining a peer support group for people living with diabetes.

**The type 1 event topics are: *Emotional health for people living with type 1 diabetes* and *Do fat and protein count?* Led by Diabetes Victoria accredited practicing dietitian Anna Waldron.**

“More than 333,000 Victorians live with diabetes, so there is an increasing need to provide expert advice on how to live well with this condition,” says Diabetes Victoria CEO Craig Bennett. “We are committed to taking our events to regional and rural Victoria in order to better connect with and support people living with diabetes.”

In the greater Shepparton local government area (LG), there are currently more than 4000 people living with diabetes and registered with the National Diabetes Services Scheme (NDSS). The vast majority (87.7 per cent) of those residents are living with type 2 diabetes, while 8.4 per cent are living with type 1 diabetes.

“Every day, about 80 people in Victoria are diagnosed with diabetes. Our *Living Well with Diabetes Victoria* events are designed to provide support and information on how to live well with diabetes and to connect local communities, support groups and local healthcare providers to both the NDSS and Diabetes Victoria’s programs and services,” adds Mr Bennett.

***Living Well with Diabetes Victoria event details:*****Type 2 session:****When:** 2–4.30pm Tuesday 26 March 2019**Where:** Quality Hotel Parklake Shepparton, 481 Wyndham St, Shepparton**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests. The early-bird rate of \$15 for non-member bookings will be available until Friday 15 March.

Light refreshments will be provided, but attendees should bring their own hypo snacks.

**Type 1 session:****When:** 6–8.30pm Tuesday 26 March 2019**Where:** Quality Hotel Parklake Shepparton 481 Wyndham St, Shepparton**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests. The early-bird rate of \$15 for non-member bookings will be available until Friday 15 March.

Light refreshments will be provided, but attendees should bring their own hypo snacks.

*We **support, empower and campaign** for all Victorians affected by, or at risk of, diabetes.*

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