

Living Well with Diabetes Victoria is off to Pakenham

Monday 13 May: Diabetes Victoria will be hosting a *Living Well with Diabetes Victoria* event on Saturday 15 June at the Cardinia Cultural Centre in Pakenham.

Connecting with the local diabetes community, there will be 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 1 event program covers: Type 1 diabetes management, research, nutrition and exercise.

The type 2 event topics are: Type 2 diabetes management, blood glucose monitoring, exercise and nutrition.

“More than 330,000 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 across Melbourne in order to better connect with, and support, people living with diabetes.”

In the Cardinia Local Government Area, more than 5,100 people live with diabetes and are registered with the National Diabetes Services Scheme (*NDSS*). The vast majority (*83.4 per cent*) of these residents live with type 2 diabetes, while 9.9 per cent live with type 1 diabetes.

“Every day, almost 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, exhibitors 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 1 Session:****When:** 8.30am – 2.00pm Saturday 15 June**Where:** Cardinia Cultural Centre 40 Lakeside Blvd PAKENHAM 3810**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests
The early-bird rate of \$15 for non-member bookings is available until Friday 7 June**Bookings:** via diabetesvic.org.au/livingwell or call **1300 136 588**

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

Type 2 Session:**When:** 8.30am – 2.00pm Saturday 15 June**Where:** Cardinia Cultural Centre 40 Lakeside Blvd PAKENHAM 3810**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests
The early-bird rate of \$15 for non-member bookings is available until Friday 7 June**Bookings:** via diabetesvic.org.au/livingwell or call **1300 136 588**

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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