

Tuesday 25 August

Free webinars for Chinese-speaking people with type 2 diabetes

Diabetes Victoria is here to help and will be delivering two free online webinars for Victorians living with type 2 diabetes, presented in Mandarin and Cantonese. The webinars will give Chinese-speaking people the opportunity to hear from expert health professionals about diabetes management, eye health, nutrition and emotional health.

These webinars form a two-part series and will be held on Saturday 17 October and Saturday 24 October.

“These free webinars, presented in Mandarin and Cantonese, will provide useful information for people living with type 2 diabetes,” says Diabetes Victoria CEO Craig Bennett. “We remain committed to ensuring our programs are accessible, so we can better connect with, and support, all Victorians living with diabetes”

Topics covered at these webinars will include diabetes management, diabetes and your eyes, low fat versus low carbohydrate diets and living positively with type 2 diabetes. Presenters will include: Emmy Cui, from Optometry Victoria; Wanling Wen, Endocrinologist from Eastern Health; Dr Tammie Choi, Accredited Practising Dietitian at Monash University; Yen Kim, Chinese Access and Support Worker at Cohealth; and Margaret Yung, Social Worker at Cohealth.

“Every day, almost 80 people in Victoria are diagnosed with diabetes, and we know that people of Asian heritage are at a higher risk of developing type 2 diabetes. Our *Living Well with Diabetes Victoria* webinars have been designed to provide support and information on how to live well with diabetes and to connect with like-minded people, which is particularly important during the COVID-19 pandemic,” adds Mr Bennett.

***Chinese Living Well with Diabetes Victoria* webinar details**

Mandarin Webinar

When: Saturday 17 October 8.55– 10.15am

Please log on by 8.50am for soundcheck

Cost: Free

Bookings: Registration is essential: bit.ly/ChineseLivingWellWebinars

Cantonese Webinar:

When: Saturday 17 October 10.55am – 12.15pm

Please log on by 10.50am for soundcheck

Cost: Free

Bookings: Registration is essential: bit.ly/ChineseLivingWellWebinars

Second *Chinese Living Well with Diabetes Victoria* webinar details

Mandarin Webinar

When: Saturday 24 October 8.55– 10.15am
Please log on by 8.50am for soundcheck

Cost: Free

Bookings: Registration is essential: bit.ly/ChineseLivingWellWebinars

Cantonese Webinar:

When: Saturday 24 October 10.55am – 12.15pm
Please log on by 10.50am for soundcheck

Cost: Free

Bookings: Registration is essential: bit.ly/ChineseLivingWellWebinars

About webinars

A webinar is an online video session which you access on your computer, tablet or phone.

You will be able to see the presenters on your computer, tablet or phone and hear them through your headphones or speakers.

You will not be on camera, but you can interact with the presenters live during the session.

How webinars work

Once you have registered, you will receive a confirmation email with the details and link to join.

You will receive reminder emails prior to the webinar.

Five minutes before the webinar is due to start, please click the link in your email to join.

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

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