

FOR IMMEDIATE RELEASE

Get connected and inspired at first-ever *Diabetes Expo*

Debuting on Saturday 23 May, *Diabetes Expo 2015* will put diabetes management on an even grander scale. This all-day event at the Melbourne Convention and Exhibition Centre will connect more than 1500 people living with diabetes with health professionals and experts, as well as product suppliers and service providers.

“With more than 300,000 Victorians living with all types of diabetes, there is an increasing need to provide them with expert advice on how to live well with this condition”, says Diabetes Victoria CEO Craig Bennett.

Piloting this event for the first time, Diabetes Victoria has secured an expert panel of 14 distinguished health professionals and specialists to share their knowledge. Among them are Dr Joanna McMillan, the official nutritionist for *The Today Show*, and Dr Adam Fraser, author of *Third Space* and co-founder of *The Glucose Club*.

“As a dietitian over the course of my career, I have seen the impact of diabetes on the lives of those affected”, says Dr McMillan, who is one of Australia’s best known nutrition and healthy lifestyle experts. She has been supporting Diabetes Australia as a *Healthy Eating Ambassador* for many years.

At *Diabetes Expo 2015*, Dr McMillan will turn up the heat with a live cook-off: “My goal is to inspire people to embrace a healthy and active lifestyle – and give them the information they need to achieve this goal.”

“By partnering with Diabetes Victoria at *Diabetes Expo 2015*, we can as a team provide a clear source of information, advice and inspiration to change the lives of many. What we eat and how we move really does impact on our health for years to come”, Dr McMillan says.

Accredited exercise physiologist Dr Adam Fraser will demonstrate how personal motivation is the key to behaviour change and managing diabetes well.

“Diabetes is a chronic condition and the diagnosis can be overwhelming – often people don't understand how physically and emotionally complex it can be to change your behaviour and lifestyle”, Dr Fraser says. “Any lifestyle change has to be practical and motivating to achieve the best possible outcomes.”

Diabetes Expo 2015 is a free event for Diabetes Victoria members. Non-members and guests can purchase a ticket on the day for \$35 (concession: \$30). Visitors can join in Q&A sessions with GPs, podiatrists, exercise physiologists, dietitians, optometrists and endocrinologists, as well as explore the latest products and services for diabetes management.

Diabetes Victoria is the leading charity and peak consumer body working to reduce the impact of diabetes in the Victorian community.

Diabetes Expo 2015 event details:

When	8am–4.30pm Saturday 23 May 2015
Where	Melbourne Convention and Exhibition Centre 1 Convention Centre Place, South Wharf VIC 3006
Cost	Free for Diabetes Victoria members, \$35 for non-members and guests (\$30 concession)
Program	Check out the schedule of presentations on diabetesvic.org.au/expo2015

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