

Plan ahead to *Travel Well with Diabetes*

Planning ahead is the key to every successful trip, especially when living with diabetes. On Saturday 12 September, Diabetes Victoria's first ever *Travel Well with Diabetes* information day will help the 300,000 Victorians living with diabetes to make their future journeys safer and more enjoyable.

"Diabetes shouldn't stop anyone from travelling the world. Yet, people living with diabetes must plan ahead carefully. Although you can't avoid the odd surprise, preparing before departure can help avoid unnecessary stress," says Diabetes Victoria CEO Craig Bennett.

This event at Melbourne Town Hall will focus on the practical considerations of travelling with diabetes – such as packing and storing enough insulin/medications, preparing for unplanned situations, getting the right travel insurance and eating healthily while exploring the planet.

There will be different sessions for people with type 1 and type 2 diabetes to concentrate on their specific travelling needs. Credentialed Diabetes Educator Cheryl Steele will present the 'Smart Travellers Checklist', and Dietitian Jane Karpavicius will explain how to navigate between food choices while abroad for people living with either type 1 or type 2 diabetes. Joanne Watson will share her 'Pumpless in Vienna' travel story, recalling how she received fast help through the diabetes online community when her insulin pump malfunctioned and left her stranded in Austria's capital.

The event is free for Diabetes Victoria members. Tickets for non-members and guests are \$20 and include a light lunch and afternoon tea. Places are limited and bookings are essential. Please call 1300 136 588 to register.

Travel Well with Diabetes event details:

When	10am – 2.30pm: Saturday 12 September 2015
Where	Melbourne Town Hall 90-120 Swanston Street Melbourne VIC 3000
Cost	Free for Diabetes Victoria members; \$20 for non-members and guests
Tickets	1300 136 588

*We **support, empower and campaign** for all Victorians affected by diabetes.*

For more information:

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