

***Living Well with Diabetes goes back to basics in Coburg***

Coburg residents are getting ready to learn all about living active and healthy lives with diabetes at the *Living Well with Diabetes* event on Saturday 19 March at Coburg Town Hall.

Selected experts will share their knowledge on how to manage both type 1 and type 2 diabetes and provide many practical tips. Going back to basics and looking at diabetes from a number of different management areas, the expert speakers will talk about mental health, nutrition, exercise and advocacy.

*Living Well with Diabetes: Back to Basics* gives attendees the opportunity to speak with health professionals, engage with local diabetes services and connect with others living with diabetes. Attendees will also have the opportunity to participate in a live Q&A session with a panel of health professionals.

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

There are currently more than 8,800 residents in the Moreland area living with diabetes who are registered with the National Diabetes Services Scheme. The vast majority (87.5%, or 7,700 people) live with type 2 diabetes.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, almost 90 per cent have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of exercise. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this condition.

“In the next two years, diabetes is set to become the number one single burden of disease in Australia. Diabetes increases a person’s risk of heart attack, stroke, kidney failure, loss of vision and loss of limb, but a healthy lifestyle can significantly reduce the risk of these life-threatening complications,” Mr Bennett says.

**Living Well with Diabetes event details:**

**When:** 9am–2.30pm Saturday 19 March 2016  
**Where:** Coburg Town Hall: 90 Bell Street Coburg VIC 3058  
**Cost:** Free for Diabetes Victoria members; \$20 for non-members  
Morning tea and a light lunch will be provided  
**Booking:** Places are limited, so bookings are essential. Please call 1300 136 588.

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

**For more information:**

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