

## **Geelong: Learning to live full and active lives with type 2 diabetes**

**Wednesday 19 October 2016:** Diabetes Victoria in Geelong is offering a Diabetes Education and Self-Management for Ongoing and Newly Diagnosed group program (DESMOND) for people living with type 2 diabetes.

“With more than 305,000 Victorians living with diabetes, there is an increasing need to provide expert advice on how to live well with this condition,” says Diabetes Victoria CEO Craig Bennett.

In the Greater Geelong Local Government Area, over 13,000 people are living with type 2 diabetes – which is 5.4 per cent of the Greater Geelong population.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of regular physical activity. 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 limbs, but a healthy lifestyle can significantly reduce the risk of these life-threatening complications,” Mr Bennett says.

This course gives Geelong residents the opportunity to learn about:

- how to stay healthy;
- how to set goals for food choices; and
- available medications.

The group involves people sharing their experiences of living with diabetes.

“Our specially trained DESMOND educators will lead practical sessions to assist self-management by increasing participants’ knowledge and understanding of type 2 diabetes,” adds Mr Bennett.

### **DESMOND GEELONG DETAILS:**

**When: 9.30am – 5pm Wednesday 16 November 2016**

**Where: Diabetes Victoria (Geelong) Tenancy 6 (first floor)  
75 Roslyn Road BELMONT 3216**

**Cost: Free for Diabetes Victoria members; \$15 for non-members**

**Bookings: 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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