

***Living Well with Diabetes Victoria* heads to Geelong**

Wednesday 17 January 2018: Diabetes Victoria is hosting a *Living Well with Diabetes Victoria* event in Geelong on Saturday 24 February. The event will take place at Rydges Geelong.

This Geelong event will comprise two separate seminars, specifically tailored to people living with type 1 or type 2 diabetes.

The type 1 stream will connect attendees to leading diabetes health professionals, product suppliers and local health services, among others. Sessions will include discussions about flash glucose monitoring, type 1 diabetes and emotional health and the role of protein and fat in a healthy diet.

The type 2 stream will focus on diabetes management, mindful eating and how to incorporate exercise into everyday life.

“Almost 320,000 Victorians live with diabetes,” says Diabetes Victoria CEO Craig Bennett. “There is an increasing need to provide expert advice on how to live well with this challenging condition. We’ve listened to feedback about the need to take our events to regional cities in order to better connect with and support people living with diabetes across our state.”

There are currently over 13,000 people living with diabetes in the Greater Geelong local government area, who are registered with the National Diabetes Services Scheme. The vast majority (87 per cent) live with type 2 diabetes – 10 per cent live with type 1 diabetes.

Every day, more than 80 people in Victoria are diagnosed with diabetes. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this serious chronic condition, which can cause many long-term health complications.

According to the *Australian Institute of Health and Welfare*, diabetes will shortly 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 Victoria**Type 1 session details:**

When: **8.00am–2.00pm, Saturday 24 February 2018**

Where: Rydges Geelong, Corner of Myers & Gheringhap Streets

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests, \$15 early-bird rate available until Friday 16 February.

Bookings include morning tea, lunch and refreshments. Attendees should bring their own hypo snacks.

Type 1 event topics include:

Flash glucose monitoring

Type 1 and emotional health

Do protein and fat count?

An update on the latest type 1 research and technology.

Type 2 session details:

When: **8.00am–12.30pm or 1.30pm–5.00pm, Saturday 24 February 2018**

Where: Rydges Geelong, Corner of Myers & Gheringhap Streets

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests, \$15 early-bird rate available until Friday 16 February.

Bookings include morning tea, lunch and refreshments. Attendees should bring their own hypo snacks.

Type 2 event topics include:

Diabetes management

Mindful eating

How to incorporate exercise into everyday life.

Bookings: Places are limited, so bookings are essential.

Please call 1300 136 588 or book online:

[Type 2 event](#) | [Type 1 event](#) |

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

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