

***Living Well with Diabetes Victoria* heads to the northern suburbs**

Wednesday 2 May: Diabetes Victoria is heading north and will be hosting a *Living Well with Diabetes Victoria* event in Epping on Sunday 17 June 2018. The event will take place at Manor on High.

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

Selected experts will share their knowledge on how to manage diabetes by providing many practical tips. Attendees will also have the opportunity to connect with local diabetes services, support groups and product suppliers.

The type 1 stream will include sessions on the latest research and technology, emotional health, type 1 management and how to reach exercise goals. The type 2 stream will focus on type 2 management, tips on incorporating exercise your everyday life, blood glucose monitoring and a dietitian featuring your favourite food products.

“More than 320,000 Victorians are living with diabetes, so there is an increasing need to provide expert advice on how to live well with this condition,” says Diabetes Victoria CEO Craig Bennett. “We have listened to feedback about the need to take our events to the northern suburbs in order to better connect with and support people living with diabetes.”

There are currently over 12,000 people living with diabetes in the Whittlesea local government area, who are registered with the National Diabetes Services Scheme. The vast majority (88 per cent) live with type 2 diabetes – 7.5 per cent live with type 1 diabetes.

Craigieburn resident and member of Diabetes Victoria’s Consumer Advisory Committee, Robert Muir co-convenes the Craigieburn and District Diabetes Support Group with Karen Thorne, a local Diabetes Educator.

“This type 2 support group meets on the first Thursday of each month at 10am at the Uniting Church on the corner of Dianne and Rayfield Avenues, to support anyone living locally with, or caring for, someone with type 2 diabetes. Help is on hand to navigate the resources and support available to them,” said Mr Muir.

Every day, more than 80 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 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.

Living Well with Diabetes Victoria event details:**Type 1 session:**

When: **8.00am–2.30pm, Sunday 17 June 2018**

Where: The Manor on High, 519 High Street, Epping 3076

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests; \$15 early-bird rate available until Friday 8 June.

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

Type 1 event topics include:

- Back to basics and getting the most out of your insulin;
- Type 1 and exercise;
- The emotional aspects of living with type 1 diabetes;
- Do protein and fat count?;
- An update on the latest type 1 research and technology; and
- Understanding the effects of exercise and adjusting treatment.

Type 2 session:

When: **8.00am–1.00pm or 1.00pm–5.00pm, Sunday 17 June 2018**

Where: The Manor on High, 519 High Street, Epping 3076

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests; \$15 early-bird rate available until Friday 8 June.

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

Type 2 event topics include:

- Diabetes management;
- How to fit exercise into your everyday life;
- Featuring your favourite food products; and
- Blood glucose monitoring.

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

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