

## ***Living Well with Diabetes Victoria* heads to Warrnambool**

**Tuesday 15 May:** Diabetes Victoria is heading to regional Victoria and will be hosting a *Living Well with Diabetes Victoria* event in Warrnambool on Saturday 23 June 2018. The event will take place at the City Memorial Bowls Club.

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

This event will offer participants the chance to meet leading health professionals and people who understand what it's like to live with diabetes.

The type 1 stream will include sessions on the latest technologies and therapies and emotional health. Participants will hear from our interstate guest speaker, Elissa Renouf, who will share her story about supporting her husband and four children who all live with type 1 diabetes.

The type 2 stream will include sessions on new technologies and therapies, emotional health and healthy lifestyle choices.

“More than 320,000 Victorians live 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 are committed to taking our events to regional Victoria in order to better connect with and support people living with diabetes.”

There are currently almost 2,000 people in the Warrnambool local government area who are living with diabetes and registered with the National Diabetes Services Scheme. The vast majority (85 per cent) live with type 2 diabetes – 11 per cent live with type 1 diabetes.

“Every day, about 80 people in Victoria are diagnosed with diabetes. The aims of our *Living Well with Diabetes Victoria* events are to provide support and information on how to live well with diabetes and to connect local communities, support groups and local healthcare providers to both the NDSS and Diabetes Victoria’s programs and services,” added Mr Bennett.

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

When: **8.30am–1.30pm, Saturday 23 June 2018**

Where: 50-58 Cramer Street Warrnambool

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests.

Morning tea, lunch and refreshments will be provided, but attendees should bring their own hypo snacks.

**Type 1 event topics include: Caring for family members with type 1, insulin pumps and technology, fear of hypoglycaemia, stigma and peer support groups.**

**Type 2 session:**

When: **11.00am–4.00pm, Saturday 23 June 2018**

Where: 50-58 Cramer Street Warrnambool

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests.

Morning tea, lunch and refreshments will be provided, but attendees should bring their own hypo snacks.

**Type 2 event topics include: New therapies, new technologies, healthy eating ideas, stigma, fear of hypoglycaemia and peer support groups.**

*We support, empower and campaign for all Victorians affected by, or at risk of, diabetes.*

**For more information:** Jane Kneebone 0416 148 845 [jkneebone@diabetesvic.org.au](mailto:jkneebone@diabetesvic.org.au)