

Living Well with Diabetes Victoria set to Sale

Wednesday 7 February: *Living Well with Diabetes Victoria* is heading to rural Victoria again and will be hosting an event in Sale on Wednesday 7 March. The event will take place at the Sale Turf Club.

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

The type 2 stream will focus on emotional health and how to put together a healthy meal.

The type 1 stream will focus on emotional health and carbohydrate counting.

“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 Victoria in order to better connect with and support people living with diabetes across our state.”

There are currently over 1000 people living with diabetes in Sale who are registered with the National Diabetes Services Scheme. The vast majority (90 per cent) live with type 2 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 a 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: **6–8.30pm Wednesday 7 March 2018**

Where: Sale Turf Club 1227 Maffra-Sale Road

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests.
\$15 early-bird rate available until Friday 2 March.

Bookings include light refreshments. Attendees should bring their own hypo snacks.

Type 2 session details:

When: **1–4pm Wednesday 7 March 2018**

Where: Sale Turf Club 1227 Maffra-Sale Road

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests.
\$15 early-bird rate available until Friday 2 March.

Bookings include light refreshments. Attendees should bring their own hypo snacks.

Bookings: Places are limited, so bookings are essential.

Please call 1300 136 588 or book online:

<https://www.diabetesvic.org.au/living-well>

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