

## ***Eating Well with Diabetes Victoria – Melbourne Town Hall***

**Wednesday 29 August:** Diabetes Victoria is hosting an *Eating Well with Diabetes Victoria* event at Melbourne Town Hall on Saturday 13 October 2018. The event will focus on food, nutrition and healthy eating.

Healthy eating can help people living with diabetes to manage their condition, as food plays a vital role in wellbeing. It can also help people to manage their weight and other risk factors for diabetes complications, such as high cholesterol levels. The *Eating Well with Diabetes Victoria* event is designed to provide useful information about all things food, nutrition and diabetes. There will be cooking demonstrations, information sessions and a broad range of exhibitors.

Two separate streams for type 1 and type 2 diabetes will cover different topics. The type 1 sessions will discuss the relationship between food and type 1 diabetes and managing food and exercise. Georgie Peters, who lives with type 1 diabetes, will be sharing her personal experiences. The sessions for type 2 diabetes will explain the relationship between meal times and blood glucose levels, ideas for healthy food swaps and the effect of sleep on food and diabetes management.

“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 hosting a variety of events in order to better connect with and support people living with diabetes.”

“Eating a variety of healthy foods is an important part of living well with diabetes. The good news is, making nutritious and delicious food choices is easier than many people may think,” says Diabetes Victoria dietitian Shannon McDonough, who will be presenting the session on healthy food swaps.

“We will cover a variety of topics, including basic label reading, healthy meal and snack swaps, and the more nutritious options for eating out and take-away. It will be all about easy swaps to help people on their way to a healthier lifestyle without saying goodbye to their favourite foods,” Shannon added.

### ***Eating Well with Diabetes Victoria* event info:**

<b>Date &amp; time:</b>	Saturday 13 October 2018 T1D stream: Registration open from 8am, speakers from 9am – 2pm T2D stream: morning event 8am – 1pm   Afternoon event 1–5pm
<b>Venue:</b>	Melbourne Town Hall 90–130 Swanston Street Melbourne
<b>Cost:</b>	FREE for Diabetes Victoria members, \$20 for non-members and guests, \$15 early-bird rate available until Friday 5 October 2018
<b>Bookings:</b>	Via <a href="http://diabetesvic.org.au/eatingwell">diabetesvic.org.au/eatingwell</a> or call 1300 136 588. Bookings include morning or afternoon tea, lunch and refreshments. Please bring your own hypo snacks.

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

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