

***Living Well with Diabetes Victoria* heads to Swan Hill**

Monday 5 November: Diabetes Victoria is again heading to rural Victoria and will be hosting a *Living Well with Diabetes Victoria* event in Swan Hill on Wednesday 21 November. The event will take place at the Swan Hill Town Hall.

The Swan Hill 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 2 event topics include: How to put together a healthy meal and emotional health for people with type 2 diabetes.

Anne Daniel, the convenor of the Swan Hill Diabetes Peer Support Group, will be talking about the benefits of joining a peer support group for people living with diabetes.

The type 1 event topics include: Emotional health for people with type 1 diabetes and carbohydrate counting.

Rosalie Gould, the convenor of the Birchip Peer Support Group, will be attending with her son, Blair. He lives with type 1 diabetes and will be speaking about his experiences of living with the condition.

“More than 328,000 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 and rural Victoria in order to better connect with and support people living with diabetes.”

There are currently almost 2000 people in the Swan Hill local government area living with diabetes and registered with the National Diabetes Services Scheme. The vast majority (88 per cent) of local residents live with type 2 diabetes – 9 per cent live with type 1 diabetes.

“Every day, about 80 people in Victoria are diagnosed with diabetes. Our *Living Well with Diabetes Victoria* events are designed 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 2 session:****When:** 2–4.30pm Wednesday 21 November 2018**Where:** Swan Hill Town Hall 53–57 McCallum Street**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests. The early-bird rate of \$15 for non-member bookings will last until Friday 9 November.

Light refreshments will be provided, but attendees should bring their own hypo snacks.

Type 1 session:**When:** 6–8.30pm Wednesday 21 November 2018**Where:** Swan Hill Town Hall 53–57 McCallum Street**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests. The early-bird rate of \$15 for non-member bookings will last until Friday 9 November.

Light refreshments will be provided, but attendees should bring their own hypo snacks.

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

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