

Media statement

7 February 2018

Knowledge and motivation are keys to success

With the right mix of knowledge and motivation you can successfully manage your type 2 diabetes.

Kerry Roach, Sunshine Coast Hospital and Health Service (SCHHS) healthy lifestyle officer said the health service provided just that at free type 2 diabetes workshops held each month at Maroochydore.

Ms Roach said the Type 2 Diabetes and Me workshops provided useful information and resources on a range of topics associated with type 2 diabetes including self-management practice, communicating with health professionals, nutrition, emotional wellbeing, physical activity and goal setting.

“People attending the session have the opportunity to update their knowledge and often leave feeling very motivated to continue with their self- management practice,” she said.

“The workshops are run monthly in Maroochydore and this year will also be available in Caloundra. Guest speakers on the day include a clinical nurse, dietitian, social worker and health promotion officer.”

To be eligible to attend the workshop, you must be diagnosed with type 2 diabetes or pre-diabetes (confirmed by your GP); be over 18 years of age; be able to attend group education for four hours; and be able to learn in the company of others.

If you meet the eligibility criteria above, please don't delay; register your interest today by calling Central Intake on 5479 9670. While a referral from your G.P. is not necessary, bookings are essential.

The next workshop is scheduled for 28 February, 9am to 1pm at the Maroochydore RSL Sub branch, Memorial Avenue, Maroochydore.

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