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Increase your knowledge of type 2 diabetes at local workshop

Sunshine Coast Hospital and Health Service is providing free workshops for people diagnosed with type 2 diabetes or pre-diabetes, to help patients increase their knowledge and stay on track with managing the condition.

More than 60 Queenslander’s are diagnosed with type 2 diabetes every day and 280 people nationally.

Having access to up-to-date information can assist people towards self-managing this chronic condition.

Presenters at the SCHHS type 2 diabetes workshop include a clinical nurse, a dietitian, a social worker and a Health Promotion Officer, and provides residents with an opportunity to engage with health professionals.

Previous workshops have received positive reviews from participants, including type 2 diabetes patient Susanne Culling.

“I do believe I have a better perspective since attending the workshop. I feel more focused and positive about my health and my healthy behaviours,” Ms Culling said.

To be eligible to attend this 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.

Interested participants can register their interest by calling Central Intake on Ph: 5450 4747. While a referral from your G.P. is not necessary, bookings are essential.

The next workshop is scheduled for Wednesday, 28 March at the Maroochy RSL sub branch.

ENDS

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