11 October 2017

Taking the stress out of type 2 diabetes self-management

Sunshine Coast Hospital and Health Service’s free ‘Type 2 Diabetes and Me’ workshops take the stress out self-management of your condition.

Healthy lifestyle officer Kerry Roach said the workshops provided tips to avoid further complications associated with type 2 diabetes.

“They bring together a range of health professionals including a clinical nurse, social worker, dietitian and health promotion officer delivering essential information towards self-management practice,” she said.

Susanne Culling, a recent participant, said: “I do believe I have a better perspective since attending the workshop.

“Accepting my diagnosis of type 2 diabetes has actually allowed me to become more focused and positive about my health and my healthy behaviours.

“I am just getting on with it, not being obsessed by the condition and just focusing on self-management.”

The final two workshops for 2017 are scheduled for Wednesday, 25 October and Wednesday, 29 November. Both will be held at the Maroochydore RSL sub branch.

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.

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.

ENDS

Media contact: Naomi Ford | 5202 0078

Follow us!  

Queensland Government