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Diabetes management back on track

With the festive holiday season behind us, health experts are advising it’s time to limit indulgences and get back on track with healthy living to manage diabetes and reduce risk.

Sunshine Coast Hospital and Health Service (SCHHS) Healthy Lifestyle Officer Kerry Roach recommends kick starting the New Year by returning to healthy eating and regular exercise habits and also attending a Type 2 Diabetes Information Session.

The next Type 2 Diabetes and Me information session is on Wednesday, 22 February 2017 from 9am to 1pm, at the Maroochy RSL Sub-branch, Memorial Avenue, Maroochydore.

Ms Roach said these free, monthly, four-hour group sessions would help those diagnosed with type 2 diabetes or pre-diabetes to point their health in the right direction and meet others with similar health challenges.

“A clinical nurse, social worker, dietitian and health promotion officer deliver up-to-date information and resources about type 2 diabetes, nutrition, physical activity, emotional wellbeing, goal setting and communicating with health professionals,” Ms Roach said.

To be eligible to attend this workshop, you must be: diagnosed with type 2 diabetes or pre-diabetes, confirmed by your G.P.; over 18 years of age; able to attend group education for four hours; and 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 5450 4747.

While a referral from your G.P. is not necessary, bookings are essential.

ENDS

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