

Media statement

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Leading a healthy lifestyle is the best defence against type 2 diabetes

Did you know looking after your health, eating nutritious food and staying active is the best way to manage type 2 diabetes?

The Sunshine Coast Hospital and Health Service (SCHHS) provides a free information session for people diagnosed with type 2 diabetes or pre-diabetes. The workshop is designed to support participants to achieve their health goals and enable better management of their condition.

SCHHS Healthy Lifestyle Coordinator Kerry Roach says: "Most people have a good understanding of what they need to do to lead a healthy lifestyle, so our sessions are designed to build on that and empower and motivate people to get on with the job."

The information sessions include presentations from dietitians, social workers, nurses and health promotion officers. Participants can also access resources and links to further support in the local community.

"Leading a healthy lifestyle and having good management of blood glucose levels will assist a person with type 2 diabetes to reduce their risk of complications associated with the condition including blindness, kidney damage, amputations and heart attack," Ms Roach said.

Information sessions are held regularly across the Sunshine Coast at Gympie, Maroochydore and Caloundra.

All sessions are free and run from 9.00am to 1.00pm. Bookings are essential. For further information and dates of the next session please call 52029772.

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Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747

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