12 April 2018

**Caloundra residents invited to Type 2 diabetes workshop**

Sunshine Coast Hospital and Health Service (SCHHS) will host educational sessions in Caloundra on Type 2 diabetes, to provide information and support for locals and families affected by the condition.

In Queensland, about 390,000 adults either have diabetes or are at risk of developing diabetes. Type 2 diabetes can lead to lifelong health complications unless the condition is managed correctly.

The group-based workshops will provide educational information for managing diabetes, through a range of topics including self-management practice, communicating with health professionals, nutrition, emotional and physical wellbeing.

Guest speakers on the day include a clinical nurse, dietitian, social worker and health promotion officer.

SCHHS Healthy Lifestyle Officer Kerry Roach says the workshop is an expansion of information sessions already available on the coast.

"Type 2 diabetes workshops are currently available in Maroochydore and Gympie and have proven to be successful with diabetes patients. This level of educational support will now be available to locals in the Caloundra region," Ms Roach said.

The first workshop is scheduled for **Thursday, 3 May, 9am to 1pm at the Caloundra Community Centre 58A Queen Street Caloundra**. An additional workshop will be held in August.

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, register your interest today by calling Central Intake on 5479 9670.

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

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