Positive approach to managing diabetes

Gympie local Keith Wilson believes staying positive, eating healthy and being active gets the job done when managing his Type 2 Diabetes (T2D).

Mr Wilson, who recently attended the ‘Type 2 Diabetes and Me’ workshop in Gympie, felt the information he received on the day reinforced he was already on the right track to keeping his T2D under control.

“Keeping my diabetes in-check is very important to me, I will be retiring soon and want to be able to enjoy it,” Mr Wilson said.

He was diagnosed with Type 2 Diabetes last year.

“It was actually a relief to know I had T2D. I was always feeling tired but put it down to working long shifts,” Mr Wilson said.

The Sunshine Coast Hospital and Health Service delivers the free ‘Type 2 Diabetes and Me’ workshops in Gympie regularly for people diagnosed with T2D or pre-diabetes. Information provided on the day covers self-management practice, health professional support, nutrition and healthy behaviours.

“The workshop also provided resources and links to further support which have been invaluable,” Mr Wilson said.

“I feel I am more aware and better informed, I think that’s very important for everyone managing the condition.”

When asked what his tips to managing his T2D are, Mr Wilson said: “focus on eating what I need to eat and not what I want to eat, be active every day, wake up and choose to be positive, seek out lots of information.”

The next workshop will be held on Thursday, 10 May from 9am to 1pm at the Community Health Centre, Gympie Hospital, Alfred Street.

To be eligible to attend the 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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Photo available for use:
Keith Wilson – Participant of the ‘Type 2 Diabetes and Me’ group education session