Shift the health odds in your favour

Depending on the genetic hand you’ve been dealt, regular activity, healthy food and adequate sleep, may not add years to your life, but they may add life to your years.

It’s important to understand that our genes are not necessarily our destiny and we’re not doomed as a result of unhealthy behaviours or a diagnosis of chronic disease.

An estimated 1 million people in Australia had Type 2 Diabetes in 2015, one of the fastest growing chronic diseases in our country.

Chronic disease risk cannot be eliminated entirely, but practicing healthy habits may help improve your genetic hand and shift the longevity odds in your favour.

The Healthy Lifestyle Team at the Sunshine Coast Hospital and Health Service deliver free information sessions for people diagnosed with type 2 diabetes or pre diabetes and discusses the benefits of healthy living.

The next information session is scheduled for Wednesday, 28 June 2017, 9am – 1pm at the Maroochy RSL Sub branch Memorial Avenue, Maroochydore.

Healthy Lifestyle Officer Kerry Roach said: “The information session gives local residents an opportunity to engage with health professionals and connect with others living with the disease.”

Participants receive up-to-date information and resources about type 2 diabetes, nutrition, physical activity, emotional wellbeing, goal setting and communicating with health professionals.

A clinical nurse, dietitian, social worker and health promotion officer will speak on the day and be available to answer all of your questions.

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 5450 4747. While a referral from your G.P. is not necessary, bookings are essential.

ENDS

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