

Media statement

9 January 2018

Get your diabetes management back on track

Gympie residents, it's time to get your diabetes management back on track!

Sunshine Coast Hospital and Health Service healthy lifestyle officer Kerry Roach said with the festive season well and truly behind us, it was time to get motivated and back on track with healthy living to manage diabetes and reduce risk.

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

Ms Roach said to help, a free Type 2 Diabetes and Me information session will be held on 1 February 2018 from 9am-1pm, at the Gympie Community Health Centre, Gympie Hospital Alfred Street.

"The information sessions are free and aimed to help persons diagnosed with Type 2 Diabetes or pre-diabetes to point their health in the right direction and meet others with similar health challenges," she said.

"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."

To be eligible to attend this workshop, you must be: diagnosed with Type 2 diabetes or pre-diabetes, confirmed by your GP; over 18 years of age; able to attend group education for four hours; and able to learn in the company of others. Family and carers are also encouraged to attend.

If you meet the eligibility criteria above, please don't delay, register your interest today by calling Central Intake on 5479 9670

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