



AcT1vate Exercise weekend for people with type 1 diabetes.

Finding it difficult to get the balance right when participating in exercise?

Diabetes Australia-Vic in conjunction with HypoActive brings you AcT1vate, a weekend workshop for people with type 1 diabetes of all fitness levels. The aim of the weekend is to increase confidence in making exercise part of your daily life.

Date: Friday 12 February - 14 February 2010
(This is a residential camp)

Venue: University College, Melbourne University,
40 College Crescent Parkville 3052

Cost: \$200 DA-Vic members
\$ 246 non members
(Partners are welcome and can attend at a discounted rate)

For more information contact Beth Dunlop on 9667 1791
or bdunlop@diabetesvic.org.au