

## ***Living Well with Diabetes Victoria* heads to Horsham**

**Thursday 14 September:** Diabetes Victoria is heading to rural Victoria and will be hosting a *Living Well with Diabetes Victoria* event in Horsham on Wednesday 11 October 2017. The event will take place at Federation University.

The Horsham event will comprise two separate seminars for people living with type 1 and type 2 diabetes. Selected experts will share their knowledge on how to manage diabetes by providing many practical tips. Attendees will also have the opportunity to connect with local diabetes services, support groups and product suppliers.

The type 2 stream will focus on how to put together a healthy meal including using a variety of foods on your plate. Diabetes Victoria's Advocacy Coordinator will also discuss emotional health for people living with type 2 diabetes.

The type 1 stream will have a Diabetes Victoria dietitian presenting on the steps to carbohydrate counting and practical tips on how to count recipes in everyday life and eating out for our type 1 attendees. A Diabetes Victoria's Advocacy Coordinator will also discuss emotional health for people living with type 1 diabetes.

"Almost 320,000 Victorians are living with diabetes, there is an increasing need to provide expert advice on how to live well with this condition as well as ways to prevent type 2 diabetes," says Diabetes Victoria CEO Craig Bennett. "We have listened to feedback about the need to take our events out to rural Victoria in order to better connect with and support people living with diabetes."

There are currently over 1000 Horsham residents living with diabetes who are registered with the National Diabetes Services Scheme. The vast majority (87 per cent) live with type 2 diabetes – 10 per cent live with type 1 diabetes.

Every day, more than 80 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 diabetes. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this serious chronic condition which can cause many long-term health complications.

According to the *Australian Institute of Health and Welfare*, diabetes will shortly become the number one single burden of disease in Australia. "Diabetes increases a person's risk of heart attack, stroke, kidney failure, loss of vision and loss of limb, but a healthy lifestyle can significantly reduce the risk of these life-threatening complications," Mr Bennett says.

***Living Well with Diabetes Victoria details:*****Type 2 session:****When:** 1–4pm Wednesday 11 October 2017**Where:** Federation University Wimmera, 289 Baillie St, Building C, Auditorium, Horsham VIC 3400**Cost:** Free for Diabetes Victoria members; \$15 for non-members  
\$15 early-bird rate until 11.59pm Wednesday 4 October, \$20 thereafter**Light refreshments will be provided.****Type 1 Session:****When:** 6–8.30pm Wednesday 11 October 2017**Where:** Federation University Wimmera, 289 Baillie St, Building C, Auditorium, Horsham VIC 3400**Cost:** Free for Diabetes Victoria members; \$15 for non-members  
\$15 early-bird rate until 11.59pm Wednesday 4 October, \$20 thereafter**Light refreshments will be provided.**

Bookings: Places are limited, so bookings are essential.

**Please call 1300 136 588 or book online:**[Type 2 event](#) | [Type 1 event](#) |*We support, empower and campaign for all Victorians affected by diabetes.***For more information:** Jane Kneebone 0416 148 845 [jkneebone@diabetesvic.org.au](mailto:jkneebone@diabetesvic.org.au)