

Wednesday 14 October 2020

Diabetes Victoria will deliver free online programs for Echuca people living with diabetes

Diabetes Victoria is here to help and will be delivering two free online programs for people living with diabetes in the Echuca area. These webinars will be presented by experts working in the field of diabetes with information on staying physically well during the current pandemic, as well as low carb eating for type 2 diabetes.

“These free online webinars will provide useful information for people living with diabetes in the Echuca area covering nutrition, continuous glucose monitoring, peer support and staying active at home,” said Diabetes Victoria CEO Craig Bennett. “We remain committed to ensuring our programs are accessible so we can better connect with and support people living with diabetes.”

In the Campaspe Local Government Area, almost 2,800 people live with diabetes and are registered with the National Diabetes Services Scheme. The vast majority (90 per cent) of these residents live with type 2 diabetes, while 7.9 per cent live with type 1 diabetes and 1.4 per cent of women living in the Campaspe area have gestational diabetes.

“Every day, almost 80 people in Victoria are diagnosed with diabetes. This *Living Well with Diabetes Victoria* webinar has been designed to provide support and information on how to live well with diabetes and to connect with people within the Campaspe area, during the pandemic,” added Mr Bennett.

***Living Well with Diabetes Victoria* online webinar details**

Type 1 webinar

When: Tuesday 17 November 7 - 8.45pm

Please log on by 6.55pm for soundcheck

Cost: Free

Bookings: Registration is essential. To register, enter this URL address into your internet browser: bit.ly/EchucaT1 or **call 1800 637 700**.

Type 2 webinar

When: Wednesday 18 November 7 - 8.30pm.

Please log on by 6.55pm for soundcheck

Cost: Free

Bookings: Registration is essential. To register, enter this URL address into your internet browser: bit.ly/EchucaT2 or **call 1800 637 700**.



**MEDIA
RELEASE**
FOR IMMEDIATE RELEASE

About webinars

A webinar is an online video session which you can access on your computer, tablet or phone.

You will be able to see the speakers on your computer, tablet or phone and hear them speak on your headphones or speakers.

You will not be on camera, but you are able to interact with the presenters live during the session.

How the webinars work

Once you have registered, you will receive a confirmation email with the details and link to join.

You will receive reminder emails about when the webinar will be.

Five minutes before the webinar is due to start, please click the link in your email to join.

*We **support, empower and campaign for** all Victorians affected by, or at risk of, diabetes.*

For more information: Jane Kneebone 0416 148 845 jkneebone@diabetesvic.org.au