

***Living Well with Diabetes Victoria* heads to Hoppers Crossing**

Thursday 30 January: Diabetes Victoria will be hosting a *Living Well with Diabetes Victoria* event on Saturday 14 March at the Encore Events Centre in Hoppers Crossing.

Connecting with the local diabetes community, there will be two concurrent seminars tailored to the needs of people living with type 1 or type 2 diabetes. The event will offer participants the chance to meet leading health professionals and people who understand what it's like to live with diabetes.

The type 1 event program covers: the latest research, nutrition, emotional health and options for continuous glucose monitoring.

The type 2 event program covers: the latest medications and blood glucose monitoring, looking after your eyes, general wellbeing and weighing up the options for living with type 2 diabetes.

"More than 342,000 Victorians live with diabetes, so there is a need to provide expert advice on how to live well with this condition," says Diabetes Victoria CEO Craig Bennett. "We are committed to taking our events across Melbourne and the state to better connect with, and support, people living with diabetes."

Dr Bob Fairclough OAM, the convenor of the Werribee Diabetes Peer Support Group, will be speaking in the type 2 session about the importance of peer support for people living with diabetes.

"I have lived with type 2 diabetes for over twenty years. With the support of Diabetes Victoria and my local support group, I have been able to manage my diabetes," says Dr Fairclough. "I have achieved many things professionally and personally while living with diabetes."

In the Wyndham Local Government Area, more than 13,000 people live with diabetes and are registered with the National Diabetes Services Scheme (NDSS). The vast majority (84.2 per cent) of these residents live with type 2 diabetes, while 7.4 per cent live with type 1 diabetes and 7.8 per cent of local women have gestational diabetes.

"Every day, almost 80 people in Victoria are diagnosed with diabetes. Our *Living Well with Diabetes Victoria* events are designed to provide support and information on how to live well with diabetes and to connect local communities, support groups, exhibitors and local healthcare providers to both the NDSS and Diabetes Victoria's programs and services," adds Mr Bennett.

Living Well with Diabetes Victoria event details:**Type 1 session:****When:** 8.30am – 2pm Saturday 14 March 2020**Where:** Encore Events Centre 80 Derrimut Road Hoppers Crossing 3029**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests. The early-bird rate of \$15 for non-member bookings is available until Friday 28 February.**Bookings:** via diabetesvic.org.au/livingwell or call 1300 136 588

Light refreshments and lunch will be provided, but attendees should bring their own hypo snacks.

Type 2 session:**When:** 8.30am – 2pm Saturday 14 March 2020**Where:** Encore Events Centre 80 Derrimut Road Hoppers Crossing 3029**Cost:** Free for Diabetes Victoria members; \$20 for non-members and guests. The early-bird rate of \$15 for non-member bookings is available until Friday 28 February.**Bookings:** via diabetesvic.org.au/livingwell or call 1300 136 588

Light refreshments and lunch will be provided, but attendees should bring their own hypo snacks.

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

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