



Dear Doctor,

Your patient has been invited to take part in Diabetes Active – Resistance Exercise (DARE) Group.

The DARE Group has been developed by the Diabetes Victoria Clinic to support people living with diabetes to participate in a safe and supervised exercise program.

The 8-week program consists of weekly 1 hour group exercise sessions focusing on strength training.

The program is delivered by Diabetes Victoria's own Accredited Exercise Physiologist, Melissa Sbaraglia, who specialises in exercise for people living with diabetes.

Participants will attend an initial one-on-one consultation prior to commencing the group exercise sessions.

Participants diagnosed with diabetes or a chronic condition may be eligible to access a Medicare Team Care Arrangement for their pre-group appointment.

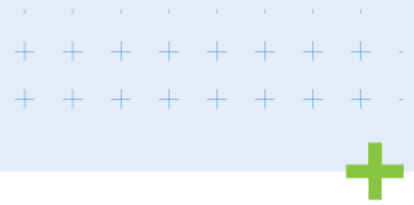
If you are happy for your patient to participate, please complete the attached referral form. You may return the form to your patient to bring to their initial consultation or email to clinic@diabetesvic.org.au

If you have any further queries or concerns, please don't hesitate to contact the Diabetes Victoria Clinic on 1300 153 123.

Yours sincerely,

Melissa Sbaraglia

Diabetes Victoria Clinic
Phone - 1300 153 123.
Email – clinic@diabetesvic.org.au



Diabetes Active – Resistance Exercise (DARE) Group

Medical Clearance

At the time of this consultation, I find [insert patients name] _____ to be medically suitable to participate in the Diabetes Active – Resistance Exercise (DARE) Group under the supervision of an Accredited Exercise Physiologist employed by the Diabetes Victoria Clinic.

I understand that the exercise program consists of weekly 1 hour group exercise sessions focusing on resistance training with the use of resistance bands, light dumbbells, and body weight.

Please kindly attach your patient's medical history and current medications to ensure that we provide safe and effective exercise prescription based on your patient's current health status.

GP Name	
GP Signature	
Date	