YOU’RE INVITED

To EXPOsing diabetes, a day filled with learning, presentations and take-home tips to support you to live well with diabetes.

Turn over to learn more.

Saturday 28 May 2016
8:30am to 2:30pm

Mercure Townsville
Woolcock Street,
Townsville 4810

$15 Members
$25 Non-members
Morning tea and lunch included.

Places are limited so register today!

SMTP: Mail GPO Box 9824, BRISBANE QLD 4001
Scan and email to info@diabetesqld.org.au
Helpline: 1300 136 588
TYPE 2 DIABETES EVENT
TOWNSVILLE PROGRAM

Alison Bennett
Alison is an accredited practising dietitian and diabetes educator who has a love of food as well as a passion for promoting good health and well-being. Alison doesn’t believe that food has to be so complex. In her session *Love food and eat well*, Alison will strip back the layers and go back to basics.

Louise Natush
Louise is a registered nurse and also a credentialled diabetes educator. She is passionate about running programs for people living with diabetes. In her session *BGL’s – it’s not all about the numbers*, Louise will look at the ins and outs of blood glucose monitoring providing you with a better understanding of how, when and why you monitor blood glucose levels.

Also on the day

*I like to move it move it*: Do you find exercise hard? In this session we will break down some barriers and have you walk away with your own reasons to exercise, ideas of the type of exercise you can do as well as an action plan to get you started or to keep you on track.

*Diabetes: understanding the condition*: What exactly is diabetes, what causes it and what can you do to manage it effectively? This session will answer these questions and more, leaving you feeling more confident to live well.

*Building your happiness bank*: Leading a happy life will help you to live well with diabetes. In this session you will learn how you can make regular deposits into your happiness account, creating a greater sense of wellbeing.

To find out more, and for full program details:

- Website: exposing.diabetesqld.org.au
- Helpline: 1300 136 588

Yesterday’s EXPOsing diabetes event was the first I had ever been to and it was a fantastic day! It was great to connect with other people living with diabetes and that good feeling stayed with me.
Beatrice, EXPOsing diabetes 2014