

Type 2 Diabetes *Support Group* at Oak Tree Norman Gardens

Looking for a warm friendly **Diabetes Support Group** to join in Rockhampton? We are about to start a new group. **Commencing Friday 26th July 2019** facilitated by Helen Sutcliffe, **Credentialed Diabetes Educator**.

Eligible participants may be able to claim rebate through their Health Care Plan. **Individual assessments will be held Friday 26th July between 9.30am - 1.30pm** with following sessions held Fridays between 10am - 11am on the following dates.

FRIDAY 2ND AUGUST 2019

Session 1: What is Diabetes?

- Signs and symptoms of diabetes
- How does the condition develop?
 - Mindset after diagnoses and acceptance of the condition
 - Depression and diabetes
- Life after diagnoses living with diabetes eg blood glucose testing

FRIDAY 9TH AUGUST 2019

Session 2: Complications of Diabetes

- How to avoid or reduce the risk of developing them
 - Annual cycle of care
- Associated co-morbidities (other medical conditions)

FRIDAY 30TH AUGUST 2019

Session 3: Medications

- What types of medications are used to treat diabetes?
- Interactions with common other medications/ natural therapies

FRIDAY 13TH SEPTEMBER 2019

Session 4: Diet

- General overview of dietary recommendations
- Carbohydrate containing foods, GI and label reading
 - Alcohol and its affect on blood glucose levels

FRIDAY 27TH SEPTEMBER 2019

Session 5: Physical Activity

- General overview of physical activity guidelines
 - Physical activity effects on diabetes and stress management

FRIDAY 11TH OCTOBER 2019

Session 6: Sick Day management

- Management guidelines when sick
 - When to seek medical advice

FRIDAY 25TH OCTOBER 2019

Session 7: Program summary

- Group sharing of any behaviour changes made
- Application of any increased knowledge of Diabetes to their management
- Results from attending the program
 - Questions
- Review /survey of program

For more information or to register your interest please phone **Desley Cowley on 0400 824 936**

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Norman Gardens**

**Call 0400 824 936
oaktreegroup.com.au**



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