

Medications and Food Labels

**A learning and activities-based session
to empower people living with diabetes.**

Diabetes SA and Country SA Primary Health Network would like to invite you to attend this session that has been designed especially for people living with diabetes in the regional areas of South Australia.

Topics

Diabetes medications

- Your health needs
- Medication types
- How medications work

Food labels and portions

- Understanding food labels
- Carbohydrate amounts
- Choosing your portions

Dates and times

Monday 25 May 2020, 6pm–8.30pm
Tuesday 26 May 2020, 10am–12.30pm

These are 2-hour sessions with 30 mins mid break

Cost

There is no cost to attend the event.
A light morning tea, afternoon tea or supper will be supplied and some time for networking.



About this session

This session combines information and activities developed to provide people living with diabetes an understanding of how to improve their self-care. Take the steps for staying healthy with diabetes through attending this session.

Venue

Best Western Southgate Motel
157 Commercial St East
Mount Gambier SA 5290

Bookings

Booking is essential, for catering purposes.
Call: 1300 198 204
Email: education@diabetessa.com.au
Online: www.diabetessa.com.au



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Background

Managing your diabetes is very important for your long-term good health. Problems with diabetes can be prevented or delayed with better understanding and positive choices.

We will focus on diabetes medications and caring for your health through better understanding. Develop your knowledge of foods, healthy choices and food labels to improve your ability to manage your diabetes.

Session outcomes

At the end of the session participants will have gained:

- Further knowledge and skills to support diabetes self-care
- An ability to identify requirements to improve health
- Better understanding of medications to support living with diabetes
- Knowledge and skills about food labels and carbohydrate foods
- An awareness of the importance of gaining support

Who should attend

- People living with diabetes
- Support people of those with diabetes
- Local health professionals

A chance to connect with your local health professionals during the session.

Join the session and plan for your future health!

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