



FlexIT

Flexible Insulin Therapy

Diabetes Management for People with
Type 1 Diabetes



During the two day program you will learn how to best match your insulin dose to your food and lifestyle

Each small group program is presented by an experienced Diabetes Educator and Dietitian.

Practical advice and personalised feedback is provided

Topics include:

- > Insulin adjustment for food and physical activity
- > Carbohydrate counting, including practical activities
- > Diabetes health targets and checks
- > Hypoglycaemia, hyperglycaemia and sick day management

2018 DATES

Program 1 February 23rd & March 2nd 2018 9.30am – 4.00pm

Program 2 September 7th & 14th 2018 9.30am – 4.00pm

COST

Standard Fee \$75 Concession Fee \$50

Fee includes a copy of the FlexIT booklet to support learning.

Each registrant is welcome to attend with one family member or support person at no extra charge

If you are experiencing financial hardship, please discuss this with an Education Service staff member

REGISTRATION

To register, telephone 03 56230647

Payment is required at time of registration

Payment is not transferable or refundable if less than 1 week notice of cancellation is provided or upon failure to attend on scheduled dates.

West Gippsland Healthcare Group reserve the right to reschedule or cancel dates in which case payment s will be transferred or refunded.

CONTACT DETAILS

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