

Diabetes *fact sheet*

Stepping Away from Diabetes

- Is a Twelve Week Course (2 hours per week contact time)
- Morning, Afternoon and Evening Times Available
- Courses offered throughout metropolitan area
- Morning tea/ afternoon tea or supper provided
- Free
- Health assessment prior to commencing program & at the end of program with a review three months after completion of the program.

The Content

- Topics Covered include:
 - Pre Diabetes
 - Cardiovascular
 - Weight loss
 - Healthy Eating
 - Cholesterol
 - Blood pressure
 - Stress Management
 - Exercise
 - Smoking
 - Alcohol

- Flexibility for topics that the group want i.e. shopping tour, cooking demonstration (where possible)
- Practical sessions on waist measuring, standard drink sizes, label reading, serving sizes, recipe modification and exercise.
- Walking or chair based exercise program (GP consent required)

Our Expectations

- Participants to set goals with the course coordinator
- Participants to keep an activity log

Outcomes

You will achieve?

- An understanding of your own individual risk factors for developing type 2 diabetes.
- Knowledge and skills to reduce your risk factors and therefore reduce your risk of developing the disease.

You will also have support from the course coordinator and others experiencing the same lifestyle changes as you.

Co-ordinator
Karen Perry 1300 364 264
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