


FlexIT

Flexible Insulin Therapy



Diabetes self management for people living with type 1 diabetes

Do you want to:

- > Improve your blood glucose levels?
- > Explore using an insulin pump?
- > Improve carbohydrate counting skills?
- > Learn about managing glucose levels around exercise?
- > Increase confidence to match mealtime insulin with meals?
- > Then this program could be a great support for you.

The sessions are run by our experienced diabetes educators and dietitians in small groups. You will get personalized feedback and advice.

The best part is meeting others living with diabetes and sharing your own experience.

2024 DATES

Month	Session 1	Session 2	Session 3
May	Wednesday 1st Full day (in person) 9.00am-4.00pm	Thursday 2nd Night (Online) 6.00pm-8.30pm	Friday 3rd Night (Online) 6.00pm-8.30pm
July	Wednesday 17th Full day (in person) 9.00am-4.00pm	Wednesday 24th Night (Online) 6.00pm-8.30pm	Wednesday 31st Night (Online) 6.00pm-8.30pm
October	Thursday 17th Full day (in person) 9.00am-4.00pm	Thursday 24th Night (Online) 6.00pm-8.30pm	Thursday 31st Night (Online) 6.00pm-8.30pm

COST

Standard Fee: \$150 Concession Fee: \$75

Fee includes a copy of the FlexIT booklet. Each registered participant is welcome to attend with one support person at no extra charge. If you are experiencing financial hardship, please discuss this with an Education Service staff member.

Payment is required at time of registration. Payment is not transferable or refundable if less than one week notice of cancellation is provided or upon failure to attend on the scheduled dates.

REGISTRATION

We have limited capacity in each group program, so don't miss out on registering yourself to the program. To register, telephone **(03) 8532 1800**.

A referral is not required to attend our FlexIT program and you also do not need to be a client of the baker clinics.

Baker Institute reserve the right to reschedule or cancel dates in which case payments will be transferred or refunded.

CONTACT DETAILS

Baker Institute Education Service

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