

FlexIT

Flexible Insulin Therapy

Diabetes Management for People with
Type 1 Diabetes



During the two day program you will learn how to best match insulin doses 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 drinks
- › Carbohydrate counting, including practical activities
- › Diabetes health targets and checks
- › Hypoglycaemia, hyperglycaemia and sick day management
- › Physical activity and exercise

2022 DATES

| MONTH | DAY 1: 9.00AM – 4.00PM* | DAY 2: 9.00AM – 4.00PM* |
|-----------|----------------------------|----------------------------|
| March | Tuesday 15 | Tuesday 22 |
| June | Friday 17 | Friday 24 |
| September | Thursday 08 | Thursday 15 |

*Timings may differ if your program is being delivered online.

COST

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

Fee includes a copy of the FlexIT booklet to support learning. Each registered participant 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) 8532 1800**.

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.

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

CONTACT DETAILS

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