



We are so pleased to welcome you to our QSMC Type 2 Diabetes Exercise & Diet Group

Over the next 8 weeks we will show you how to improve your health with diabetes through a series of simple exercises and provide you with information on how to manage and treat your diabetes through healthy eating and caring for yourself.

The group runs every Friday afternoon from 2pm till 3 pm.
Sessions are held on the first floor of the Dr Stephen Murray Memorial Wing of QSMC, Moruya.
Access is via Mirrabooka Street.

The first half of each session includes ½ hour of diabetes education by our Dietitian, Carole Richards followed by ½ hour of exercise supervised by our Exercise Physiologist, Jess Williams.
Topics discussed include:

1. What is Type 2 Diabetes
2. Diabetes and exercise OR Dietary Fibre for Health
3. Healthy Diet for Diabetes
4. GI and Carbohydrate
5. Healthy Heart Eating
6. Food Label Reading
7. Shopping tips and modifying recipes OR Setting goals
8. Annual Cycle of Care

You may join the group at different times in the cycle, but the order will be the same.

Partners can request to attend the education sessions.

Masks and double vaccination essential until further notice.

If unable to attend a session, please let us know on:
QSMC Reception 4474 2222 or Carole Richards 0414 632 325

We are looking forward to working with you.