Session 3 (optional 9 am–10 am)  
Only by dietitian

This session covers:
1. Review of your progress
2. What is Glycemic Index? And how to use this when shopping
3. How to pick healthy foods using Label reading
4. Questions and Answer time

When can I come to the group?

The Type 2 Diabetes group is every month.

Session 1 is held on the 2nd Tuesday of the month and Session 2 is held on the 3rd Tuesday of the month. Both session start at 9 am and finish by midday.

Morning tea is served at both sessions.

There is also an optional follow up group 6 weeks later.

Thank you from the team at Bankstown Diabetes Centre

Type 2 Diabetes Group Education Program

Bankstown-Lidcombe Hospital Diabetes Centre

For further information contact:

Tel: 02 9722 8360
Type 2 Diabetes Group Education Program

The Type 2 Diabetes Group education program is informal, interactive and informative.

The program is run by a Diabetes Educator and a Dietitian.

This program provides you and your family with the information about diabetes and diabetes care from the diabetes educator and healthy eating and exercise for diabetes from the dietitian.

Session 1 (9 am—midday)
This session covers:

Educator will cover:
1. What is diabetes?
2. Different types of diabetes
3. Monitoring your sugar at home
4. What is hyperglycemia?
5. Physical Activity and Diabetes
6. Registration for NDSS card

Dietitian will cover:
1. General healthy eating for diabetes
2. Are carbohydrates good for you?
3. How often should you eat?
4. Low fat eating
5. Ways to lose weight

Session 2 (9 am—midday)
This session covers:

Educator will cover:
1. How to look after your feet
2. What are low sugars and what to do when you have this?
3. Medications in diabetes
4. Long term good health

Dietitian will cover:
1. How much fruit and vegetables should I eat?
2. Can I eat sugar? How much?
3. Alcohol and Diabetes
4. Exercise and Diabetes
5. How to make lasting changes to your lifestyle

Bankstown-Lidcombe Hospital