



## FlexIT group program



You are invited to learn about Flexible Insulin Therapy

FlexIT is a two-day group program for people with Type 1 Diabetes who are on insulin injections.

This program will teach you how to match your insulin doses to your food and exercise, which can allow for a more flexible approach to your diabetes management.

### Learn about:

- Insulin adjustment for food and physical activity
- Carbohydrate counting
- Diabetes health targets and checks
- Hypoglycaemia, hyperglycaemia and sick day management

**When:** Mondays, 22 and 29 November

**Time:** 9.30am - 4.30pm

**Format:** Face-to-face

**Where:** Latrobe Community Health Service  
81-87 Buckley Street, Morwell

**Cost:** \$75 (no concession) | \$50 (concession)

*Payment is required at time of registration. If you can no longer attend, please give us at least one week's notice, otherwise we cannot refund your fee.*

Each session is limited to 10 people only. If you would like to bring a family member or support person, please let us know when you register. There will be no fee for them to attend.

To register, phone us on 1800 242 696, email [cdm@lchs.com.au](mailto:cdm@lchs.com.au) or drop into any Latrobe Community Health Service site.



CALL US  
1800 242 696



LEARN MORE  
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