

Flexible Insulin Therapy

Two-day
group based
education program

FlexIT

FlexIT is a 'refresher course' in type 1 diabetes management. We teach you how to match insulin to your food and lifestyle in a fun and friendly environment. Topics include:

- Calculating insulin sensitivity and carbohydrate ratios
- Adjusting insulin to suit food and physical activity
- Carbohydrate counting foods, recipes and when eating out
- Hypoglycaemia and hyperglycaemia management
- Plus much more!

9AM - 4:30PM, SAT 19 AND 26 AUGUST

(the course runs over two consecutive Saturdays)

The Family Centre, 11 Limosa Close, Stirling

\$150 per person (support person free of charge)

Register at www.telethontype1.org.au - Events tab

Designed by



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