

CARBOHYDRATE COUNTING

Putting it Into practice

Diabetes management for people on basal bolus insulin or insulin pump therapy



This three hour practical workshop provides people with an opportunity to refresh skills to accurately count carbohydrates.

It is suitable for people with:

- › Type 1 or Type 2 Diabetes who are on basal bolus insulin or insulin pump therapy.
- › Currently carbohydrate counting.

Each small group program is presented by an experienced Dietitian.

Topics include:

- › The latest carbohydrate counting resources and apps.
- › Carbohydrate counting strategies to overcome challenges when eating out.
- › Tips to aid carbohydrate counting when traveling.

2020 DATES

MONTH	DAY	TIME
April	Friday 3	1.30pm – 4.30pm
August	Wednesday 19	9.30am – 12.30pm

COST

Standard Fee: \$60 Concession Fee: \$30

Fee includes a copy of the *“How to Count Carbohydrate Grams”* 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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