

# FlexIT

## Flexible Insulin Therapy

Diabetes self  
management  
for people  
living with type  
1 diabetes



### Are you:

- Wanting to improve your blood glucose levels?
- Looking at going onto a insulin pump?
- Having trouble managing blood glucose levels when you exercise?
- Wanting to improve your carbohydrate counting skills?
- Wanting to feel more confident matching your meal time insulin with food?

Then this program could be a great support for you.

The sessions are run by our experienced diabetes educators and dietitians in small groups. So you will get personalised feedback and advice.

The best part is you get to meet others living with diabetes and share your own experience.

## 2023 DATES

Month	Session 1	Session 2	Session 3
February	Friday 17 Full day (in person) 9.00am-4.00pm	Monday 20 Night (online) 6.00pm-8.30pm	Monday 27 Night (online) 6.00pm-8.30pm
May	Friday 4 Full day (in person) 9.00am-4.00pm	Wednesday 11 Night (online) 6.00pm-8.30pm	<b>Wednesday 18</b> Night (online) 6.00pm-8.30pm
August	Monday 7 Full day (in person) 9.00am-4.00pm	Monday 14 Night (online) 6.00pm-8.30pm	Monday 21 Night (online) 6.00pm-8.30pm

## COST

### Standard Fee: \$150 Concession Fee: \$75

Fee includes a copy of the FlexIT booklet. Each registered participant is welcome to attend with one support person at no extra charge. If you are experiencing financial hardship, please discuss this with an Education Service staff member.

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*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.*

## REGISTRATION

We have limited capacity in each group program, so don't miss out on registering yourself to the program. To register, telephone (03) 8532 1800.

A referral is not required to attend our FlexIT program and you also do not need to be a client of the Baker clinics.

Baker Institute reserve the right to reschedule or cancel dates in which case payments will be transferred or refunded.

## CONTACT DETAILS

### Baker Institute Education Service

Level 4, 99 Commercial Road, Melbourne VIC 3004

T (03) 8532 1800 F (03) 8532 1899

[www.baker.edu.au](http://www.baker.edu.au)

