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## **MEDIA RELEASE**

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### **COMMUNITY HEALTH NURSES AT THE PLAZA**

Community Health Nurses have celebrated National Diabetes Week at the Horsham Plaza by offering information and advice about diabetes, along with free blood glucose tests.

The Community Health Nurse program is run by Wimmera Health Care Group and provides a range of community health services including a diabetes self-management program.

Community Health Manager, Wally Coleman said that the diabetes self-management program is available for people who have recently been diagnosed with Type 2 diabetes.

“This exciting program can be accessed by those who have been diagnosed with Type 2 diabetes within the last 12 months” she said.

Mrs Coleman said that the program aims to provide people with the tools to self-manage their diabetes.

“The program has funds available to enable participation in activities such as gym, weight loss, dental and podiatry. Through this innovative service, we can help people to get their lives back on track after being diagnosed with diabetes” she said.

Mrs Coleman said that people who have recently been diagnosed with Type 2 diabetes and are keen to find out more about the diabetes self-management program, should contact Tracey Pitts, Community Health Nurse on ph. 5362 1243 as soon as possible.



Stawell resident Kirsty Brand (right) takes time out for a free blood sugar test from Community Health Nurse, Tracey Pitts (left) during a trip to the Horsham Plaza during National Diabetes Week

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