

# DIABETES SUPPORT GROUP

Corryong ComNet Diabetes Support Group is comprised of a group of really great people who either have diabetes or support a family member who has diabetes.

The local Diabetes ComNet (Community Network) Support Group meet monthly (on the second Thursday of the month) to have a chat over a light meal and to learn more about how to manage diabetes or how better to support loved ones or other community members diagnosed with diabetes.

As a group by inviting guest speakers, joining with other support groups and by attending the annual National ComNet conference we are able to promote a more positive message about a healthy lifestyle, diabetes wellness and national diabetes organisations including Diabetes Australia and Diabetes Australia- Vic.

Whilst the meetings always include a formal meeting component (as part of our DA-Vic association) the focus is on local support and education including guest speakers, meeting with other groups and having social times out and is coordinated and facilitated by Denise Johnston. Phone (02) 60763290