

**Tasmanian Expeditions' DARE
(DiAbetics Reaching Extremes)
Team departs Hobart
10.30AM Sunday 9 March 2008
from Diabetes TASMANIA headquarters
88 Bathurst Street Hobart.**

**The Tasmanian Expeditions' DARE event will depart Hobart 10.30am
Sunday 9 March 2008 from Diabetes TASMANIA's Hobart headquarters at
88 Bathurst Street to travel to the walk's departure point at Dove Lake.**

Participants:

Caroline Burridge - Project Co-ordinator
Assoc Prof Tim Greenaway - endocrinologist
Melinda Mus - Credentialed diabetes educator
Norm Breen - support
Bruce Talbot - support
Kinza Graham - 18 years
Tom Gibb - 16years
Emma Howard - 17 years
Skye Hamilton - 17 years
Joshua Debnam - 15 years

Senator Guy Barnett will join the walkers on Saturday 15 March and walk out with the DARE participants.

Conclusion of the walk will be at the Lake St Clair Visitors Centre at 10.30am on Sunday 16 March and participants will be available till approximately 11.30am.

Caroline Wells, CEO of Diabetes TASMANIA will be attending the departure.
For further information please contact Caroline Burridge on 0408 328 242.

About DARE

DARE is an exciting initiative with a range of objectives, these being:

- To change the lives of young people with diabetes;
- To raise awareness of childhood obesity and the link between diabetes and other chronic diseases;
- To raise funds for Diabetes TASMANIA;
- To inspire those who live with a chronic illness; and
- To encourage the general community to improve their health and wellbeing.

The project, which is a group expedition on the Overland Track in March 2008, aims to change the lives of the young adults who are embarking on the walk by challenging them physically and emotionally and by developing in them skills that they would otherwise not have. It will show them and others that despite the fact that they live daily with a chronic illness, there isn't anything they cannot achieve through commitment and hard work.

The Participants

The young people selected for the journey have been diagnosed with type 1 diabetes and are aged between 15 and 21 years.

Training of the participants commenced in early November 2007 to address the difficulties associated with ensuring optimal management of their diabetes on days of prolonged and vigorous exercise.

We hope to encourage not only those with type 2 diabetes and other chronic disease but also those at risk that there are no obstacles in overcoming their own personal challenge and living a healthy and fulfilling lifestyle.

Type 1 diabetes is a chronic disease that may affect anyone in the community. It is an incurable genetic disease and affects every part and every day of a sufferer's life. Our vision is to help a group of young people with the condition and give them the skills to realise that, although they live with a chronic disease, they do not need to let it stop them or others from achieving their dreams.

Diabetes TASMANIA is a not-for-profit member based organisation working to support Tasmanians living with diabetes and their families and carers. We are also the administrators for Tasmania of the NDSS (National Diabetes Support Services) scheme, a federally funded diabetes support service for Australians living with diabetes.

We provide diabetes education to our members and, through our work of raising public awareness of diabetes, we actively promote and endorse good health for life.



Diabetes

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media alert

Events such as DARE allow us to engage with the broader community to raise awareness of the risks of diabetes, how it can be avoided and how it can be managed.

The Tasmanian Expeditions' DARE (DiAbetics Reaching Extremes) is proudly presented by Diabetes TASMANIA in association with Caroline Burrige and Tasmanian Expeditions.

It is sponsored by:

Medtronic, University of Tasmania, Tasmania Police, Royal Hobart Hospital, Ochre Health, All Aerobics, Tasmanian Parks & Wildlife Service, Mountain Designs Launceston, Novo Nordisk and Eli Lilly.

For further information please contact:

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