

# CRA HEALTH & WELLBEING SEMINAR: Understanding Diabetes

## EVENT DETAILS

**Date:** Wednesday 17 April 2024

**Time:** 9:30 am to 3:30pm

**Venue:** Peter Cosgrove Centre, ACU,  
Level 18, Tenison Woods House

**Address:** 8 Napier Street, North Sydney  
NSW 2060

## REGISTRATION

**Fee:** \$160 Member  
\$180 non-member

**RSVP:** Friday 5 April 2024

**Register online:**  
<https://events.humanitix.com/understanding-diabetes-rq64hdur>

**Enquiries:** Gillian Lee, CRA  
**Phone:** 02 9557 2695  
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[www.catholicreligious.org.au /event](http://www.catholicreligious.org.au/event)

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## Meet the Speakers

Wendy Bryant RN, CDE, CPT, has worked for 30 years in both the public sector and private sector as a CDE. She has vast experience in diabetes, management and technology from adolescence, pregnancy, Type 1, Type 2, obesity, weight loss and prevention. She has served on numerous committees for ADEA including credentialing committee and programs development, for which she has received honorariums. She is undertaking further study in Foundations of Lifestyle Medicine.



Penny is a Clinical Nurse consultant and has been a Diabetes Educator for over 20 years, mainly working in public Hospitals. Presently she is a Diabetes educator in ambulatory care at St Vincent's Hospital, Sydney. Penny's main focus is people with living with type 1 diabetes, insulin pump therapy, and continuous glucose monitoring.



Lara Mathers is an experienced dietitian currently working at Sydney Endocrinology with patients who have Type 1, Type 2 and Gestational Diabetes (diabetes in pregnancy). Previously, she worked across large hospitals in Sydney such as RPAH and Chris O'Brien Lifehouse, covering many clinical areas. Lara is passionate about supporting her patients to achieve the best outcomes possible in terms of their short-term and long-term health. Her aim is to help people understand both their own health needs and the complex food industry, so that the right food choices become easy!



Gabrielle Riches graduated from ACU, North Sydney, with a degree in Nursing and has been nursing for over 35 years with experience in surgical, coronary care, ICU, and concurrently aged care and post-op recovery. She has a diploma in massage, energy healing, and is a published author. For 13 years she has supported the health care needs of people in Religious Life through her business Archangel Gabriel Consultancy. As a person living with diabetes, Gabrielle shares her experience of how she maintains metabolic health, leading her to become a health and wellness coach.

