

## BIO Information

At Diabetes EduKate, we empower individuals with diabetes through accessible, practical information and support. Founded by Kate Maidment (CDE) and Kate Jones (Dietitian), our mission is to simplify diabetes management with effective education and guidance!

We know navigating diabetes can feel overwhelming. That's why we transform complex information into clear, actionable steps. Our e-books, tailored for gestational and type 2 diabetes, are essential resources for anyone—whether you have diabetes, are a healthcare professional, or support someone with diabetes. Equip yourself with the knowledge you need. Visit [www.diabetesedukate.com](http://www.diabetesedukate.com) to learn more!

**NURSE KATE:** Kate Maidment is a Credentialed Diabetes Educator and Clinical Nurse Specialist with over six years of experience in all types of diabetes. With a Bachelor of Nursing from Western Sydney University and a Graduate Certificate in Diabetes Education, she combines her professional expertise with her personal experience as a Type 1 Diabetes warrior since age 13. Her journey includes managing diabetes through school & work, sport & travel and most recently motherhood! Kate can relate and is often the first to understand.

**DIETITIAN KATE:** Katharine Jones is an Accredited Practicing Dietitian with a Master's in Nutrition and Dietetics from the University of Sydney and has over ten year's experience in diabetes care. Passionate about making health information easy to digest, she helps people enjoy nutritious food while achieving their best health. As an Accredited Exercise Physiologist, Kate provides a well-rounded approach to managing diabetes through food, activity, and exercise.

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