

CHRONIC DISEASE EDUCATION PROGRAM CLASS SCHEDULE — 2019

(formerly Diabetes and Heart Health Program) July August September SCHEDULE

All classes located at Unit A5-800 Rosser Ave. Brandon - Town Centre

LIVING WITH DIABETES

An overview of diabetes, including what diabetes is, many of the feelings and emotions surrounding it, and how it can be managed.

DATE	TIME
Thursday July 4th	9:30—11:30 am
Thursday August 1st	9:30—11:30 am
Thursday September 5th	9:30—11:30 am

HOW DIABETES WORKS

Explores what is happening inside the body of a person with diabetes, highlights complications related to poor diabetes management and reviews how a lifestyle and treatment plan can address the challenges.

DATE	TIME
Tuesday July 16th	1:00— 3:00 pm
Tuesday August 13th	1:30— 3:30 pm
Monday September 16th	9:30— 11:30 am

FOOT CARE MAP CLASS

An overview of how to care and protect your feet and what to do if a foot problem is discovered.

DATE	TIME
Thursday September 26th	1:00 — 3:00 pm

LABEL READING CLASS

Practical experience at label reading. Bring a food label with you.

DATE	TIME
Friday July 19th	1:00— 3:00 pm
Thursday August 22nd	1:00—3:00 pm

HEALTHY EATING & KEEPING ACTIVE

Focuses on managing diabetes with a healthy lifestyle and addresses common challenges and barriers people face when trying to implement a healthy lifestyle.

DATE	TIME
Monday July 8th	1:00— 3:00 pm
Thursday August 8th	9:30— 11:30 am
Thursday September 12th	9:30— 11:30 am

CHOLESTEROL CLASS

This session will allow you to identify your target cholesterol levels and provide practical, healthy eating tips to help you reach these targets.

DATE	TIME
Tuesday July 23rd	1:00— 3:00 pm
Monday August 26th	9:30— 11:30 am

PHYSICAL ACTIVITY CLASS

Learn about the benefits of physical activity and participate in introductory resistance band exercises.

DATE	TIME
Friday July 26th	1:00—3:00 pm

INSULIN CLASS

An overview on how to use your insulin properly.

DATE	TIME
Thursday September 24th	1:00— 3:00 pm

Blood Pressure Clinics are held on the last Tuesday of every month from 1:00pm-2:30pm

Clinic dates: September 24th

HEART DISEASE EDUCATION AND REHABILITATION CLASSES

Multidisciplinary group sessions offered at Brandon Regional Health Centre for those who have heart disease.

Contact: 204-578-4202 or 204-578-4225

PLEASE CALL 1-877-509-7852 TO REGISTER ONE WEEK PRIOR TO SESSION.

ALL CLASSES ARE FREE

Feel free to invite family or friends to come with you!

Doors are open for evening sessions at the Town Centre at the following locations:

- Princess Avenue 1st Level parkade/elevator/stairwell
Parking is \$2 for three hours, pay as you leave | Free after 6 p.m. for evening classes
- Rosser and 8th Street door across from bus stop

“Craving Change” Helping you to develop a healthier relationship with food

“Get Better Together” A program for living better with chronic disease (To register - call 1-877-509-7852)

DIABETES
BLOOD-PRESSURE
HEALTHY-EATING FOOT-CARE
CHOLESTEROL


PRAIRIE MOUNTAIN HEALTH