

Chronic Disease Education Program

VIRTUAL CLASSES

Diabetes Classes

Diabetes Essentials: Learn what diabetes is, how it affects the body, and how to manage diabetes with nutrition, activity and medications. This class is also suitable if you have prediabetes.

Healthy Eating for Diabetes: This class will further your knowledge of carbohydrate foods and sugar, planning balanced meals and reading nutrition labels to help prevent or manage diabetes.

Physical Activity: Learn how physical activity can help to manage diabetes and improve your overall well-being and heart health.



DATES & TIMES

April

- **Diabetes Essentials** - Apr 9 at 9:30am
- **Healthy Eating for Diabetes** - Apr 16 at 9:30am
- **Physical Activity** - Apr 23 at 9:30am
- **Cholesterol Management** - Apr 3 at 1:30pm
- **Blood Pressure Management** - Apr 17 at 1:30pm

May

- **Diabetes Essentials** - May 9 at 10am
- **Healthy Eating for Diabetes** - May 16 at 10am
- **Cholesterol Management** - May 16 at 1:30pm

June

- **Diabetes Essentials** - Jun 5 at 9:30am
- **Healthy Eating for Diabetes** - Jun 12 at 9:30am
- **Physical Activity** - Jun 19 at 9:30am
- **Cholesterol Management** - Jun 14 at 9:30am
- **Blood Pressure Management** - Jun 10 at 10am
- **Label Reading** - Jun 19 at 9:30am

Cholesterol Management

This session will help participants understand what cholesterol is, the target levels for cholesterol and help identify lifestyle changes to improve heart health.

Label Reading

Learn how to read a nutrition label with a Registered Dietitian.

Essentials of Blood Pressure Management

This class will help you gain a better understanding of what blood pressure is, why high blood pressure is a concern, how to manage high blood pressure with the use of medication and lifestyle changes



Join us virtually on Microsoft Teams
(video conferencing over the internet)

Equipment Needed: a computer, tablet or smart phone that can connect to the internet.

To register call: 1-877-509-7852