

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.

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.

Nutrition after a Heart Event or Stroke

Learn how food factors into recovery and prevention of another event.

Keeping Your Kidneys Healthy

Learn what the kidneys do, how other health conditions might affect the kidneys, how to be tested for kidney disease and how to prevent kidney disease. This class is suitable for individuals living with diabetes, high blood pressure, kidney disease or family history of kidney disease.

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



DATES & TIMES

April

- **Cholesterol Management** - Apr 2 at 9:30am
- **Label Reading** - Apr 3 at 1:30pm
- **Keeping Your Kidneys Healthy** - Apr 8 at 1:30pm
- **Diabetes Essentials** - Apr 9 at 1:30pm
- **Nutrition after Heart Event or Stroke** - Apr 22 at 1:30pm
- **Healthy Eating for Diabetes** - Apr 30 at 1:30pm

May

- **Cholesterol Management** - May 8 at 9:00am
- **Diabetes Essentials** - May 15 at 9:00am
- **Blood Pressure Management** - May 20 at 1:30pm
- **Nutrition after a Heart Event or Stroke** - May 27 at 1:30pm

June

- **Healthy Eating for Diabetes** - Jun 10 at 1:30pm
- **Cholesterol Management** - Jun 13 at 9:30am
- **Diabetes Essentials** - Jun 18 at 9:30am
- **Keeping Your Kidneys Healthy** - Jun 19 at 1:30pm

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

