

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

- **Keeping Your Kidneys Healthy** - Apr 1 at 9:30am
- **Diabetes Essentials** - Apr 10 at 1pm
- **Healthy Eating for Diabetes** - Apr 16 at 9:30am
- **Nutrition After a Heart Event or Stroke** - Apr 21 at 1:30pm
- **Cholesterol Management** - Apr 22 at 6:30pm
- **Label Reading** - Apr 28 at 9:30am

May

- **Blood Pressure Management** - May 12 at 1:30pm
- **Diabetes Essentials** - May 14 at 6:30pm
- **Cholesterol Management** - May 20 at 9:30am
- **Nutrition After a Heart Event or Stroke** - May 26 at 1:30pm

June

- **Keeping Your Kidneys Healthy** - Jun 10 at 9:30am
- **Cholesterol Management** - Jun 11 at 1pm
- **Diabetes Essentials** - Jun 16 at 1pm
- **Healthy Eating for Diabetes** - Jun 24 at 9:30am
- **Nutrition After a Heart Event or Stroke** - Jun 30 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

