

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

January

- **Diabetes Essentials** - Jan 17 at 9:30am
- **Diabetes Essentials** - Jan 21 at 1:30pm
- **Cholesterol Management** - Jan 23 at 9:30am
- **Label Reading** - Jan 21 at 1:30pm
- **Nutrition after Heart Event** - Jan 7 at 1:30pm
- **Blood Pressure Management** - Jan 6 at 1:30pm

February

- **Diabetes Essentials** - Feb 20 at 9:00am
- **Healthy Eating for Diabetes** - Feb 10 at 1:30pm
- **Cholesterol Management** - Feb 3 at 1:30pm
- **Nutrition after a Heart Event** - Feb 11 at 1:30pm
- **Keeping Your Kidneys Healthy** - Feb 5 at 1:00pm

March

- **Diabetes Essentials** - Mar 3 at 1:30pm
- **Cholesterol Management** - Mar 6 at 9:30am
- **Nutrition after a Heart Event** - Mar 18 at 1:30pm
- **Blood Pressure Management** - Mar 17 at 9:30am

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

