

# 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

### October

- **Diabetes Essentials** - Oct 15 at 9:30am
- **Healthy Eating for Diabetes** - Oct 22 at 9:30am
- **Cholesterol Management** - Oct 21 at 1:30pm
- **Blood Pressure Management** - Oct 11 at 1:30pm
- **Label Reading** - Oct 23 at 10am

### November

- **Diabetes Essentials** - Nov 8 at 9:30am
- **Physical Activity** - Nov 22 at 9:30am
- **Cholesterol Management** - Nov 19 at 1:30pm
- **Keeping Your Kidneys Healthy** - Nov 26 at 1pm

### December

- **Diabetes Essentials** - Dec 10 at 1:00pm
- **Healthy Eating for Diabetes** - Dec 12 at 1:30pm
- **Cholesterol Management** - Dec 10 at 9:30am
- **Blood Pressure Management** - Dec 4 at 1:30pm

### 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.

### 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



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