

## Diabetes Education Centre - Group Education Program

### Managing Your Diabetes

Our team consists of Registered Nurses and Dietitians with specialized training in diabetes care. The group program consists of three sessions held about one month apart. You will also have time to talk to the Nurse and Dietitian about any individual concerns.

<p style="text-align: center;"><b>Day 1</b></p> <p style="text-align: center;"><b><i>The Basics</i></b></p>	<p><b>Learn the basics of diabetes self-management.</b></p> <ul style="list-style-type: none"> <li>• What is diabetes? How is it managed?</li> <li>• What are my targets?</li> <li>• Emotions and Diabetes</li> <li>• Symptoms of diabetes</li> <li>• What foods affect my blood sugar?</li> <li>• Healthy eating, the glycemic index and the plate model</li> <li>• What is my 'best' weight?</li> <li>• How to set SMART goals to improve your health</li> <li>• Blood glucose monitoring</li> <li>• Tobacco and alcohol use</li> </ul>
<p style="text-align: center;"><b>Day 2</b></p> <p style="text-align: center;"><b><i>Beyond the Basics</i></b></p>	<p><b>Expand your self-management knowledge.</b></p> <ul style="list-style-type: none"> <li>• Managing stress</li> <li>• How diabetes medications work</li> <li>• Recognizing and treating low blood glucose.</li> <li>• Adding movement and activity into my day</li> <li>• 'Carb Counting', label reading and meal planning</li> <li>• Strategies to help with eating out</li> </ul>
<p style="text-align: center;"><b>Day 3</b></p> <p style="text-align: center;"><b><i>Staying Healthy with Diabetes</i></b></p>	<p><b>Learn how to stay healthy and prevent complications.</b></p> <ul style="list-style-type: none"> <li>• Caring for my feet</li> <li>• Planning for regular eye and dental check-ups</li> <li>• What do I do when I am unwell or when I travel?</li> <li>• What is my lipid profile and how do I improve it?</li> <li>• How do I manage high blood pressure?</li> <li>• Eating for a Healthy Heart</li> <li>• Nutrition strategies to lower cholesterol, blood pressure and weight</li> </ul>