



Successfully Managing your Diabetes

Each session will provide you with information to help you better understand how to manage your diabetes. **You will receive information on how to prevent/delay complications such as heart and kidney disease as well as blindness and amputations.** In addition, if you have pre-diabetes, this session will show you how you can prevent type2 diabetes from developing.

Who Should Attend?

- Anyone with type 1 or 2 diabetes
- If you are overweight and concerned about your health
- If you were told you have pre-diabetes
- If you have a family history of diabetes

You will be provided with information about:

- How to use food and good nutrition for healthy blood sugar levels
- The role medications play in maintaining healthy blood sugar levels
- Important lifestyle changes
- How to live well with your diabetes
- How to use foods from your culture as part of the management of your diabetes
- How to interpret the effects of exercise on your blood sugar level
- How to read and interpret the carbohydrate content of foods

Facilitated by: Phyllis Reid-Jarvis, Registered Dietitian, Certified Diabetes Educator

As much as 80% can be covered if you receive a letter of referral from your doctor. Please check your coverage.

Register Now