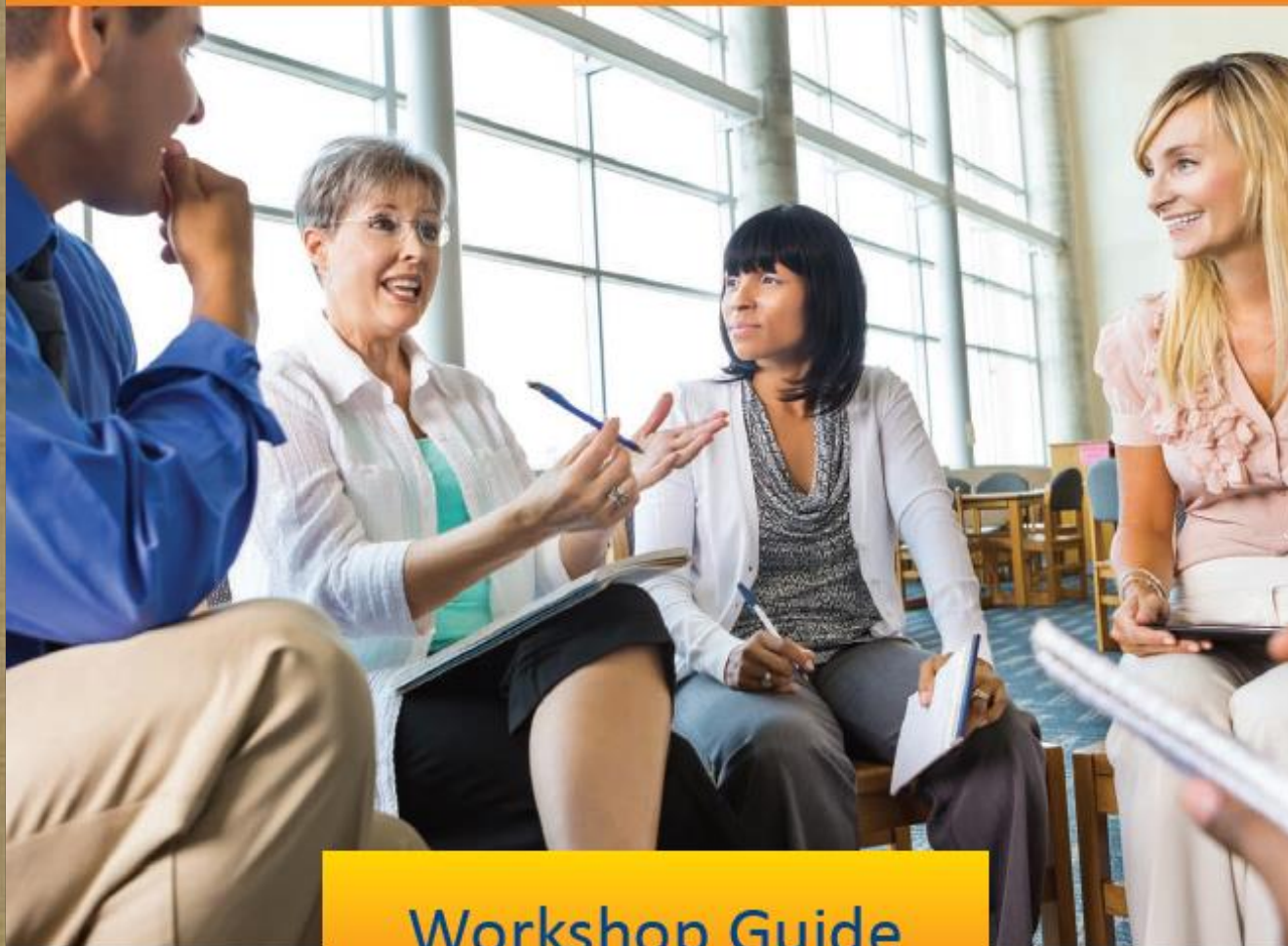


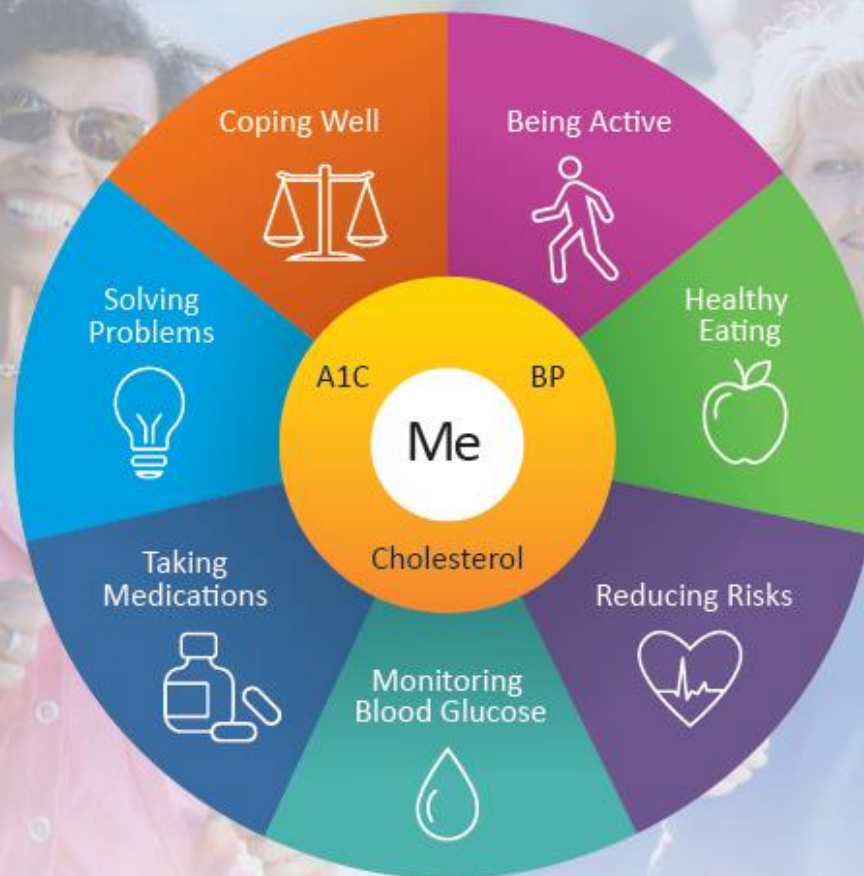
Welcome to the Community Diabetes Education Program of Ottawa



Workshop Guide

The Wellness Wheel

The 7 Ways to Living a Long and Healthy Life with Diabetes

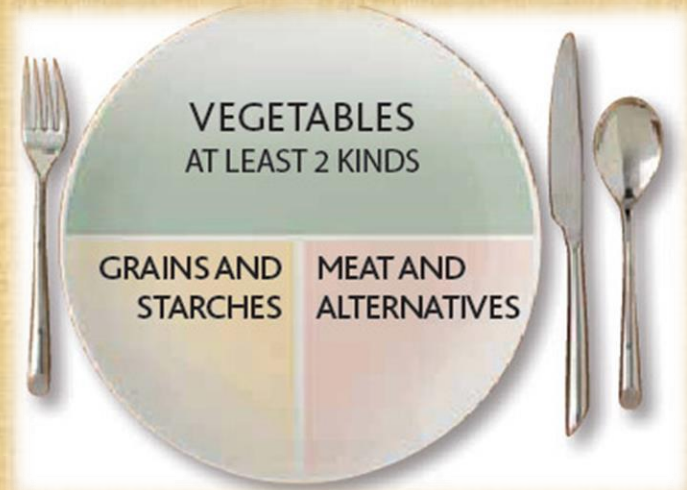


- > You are in the centre because you are in charge of your own health
- > ABCs surround you because these are the targets you need to work toward
- > The 7 behaviours surround the targets because they help you get to target
- > Meeting the targets lowers your risk of complications

Healthy Eating: Getting Started

1.5 hrs

- Learn how healthy eating can improve your health and your blood glucose
- Learn about balanced meals and portion management



Healthy Eating: Carb Counting

1.5 hrs

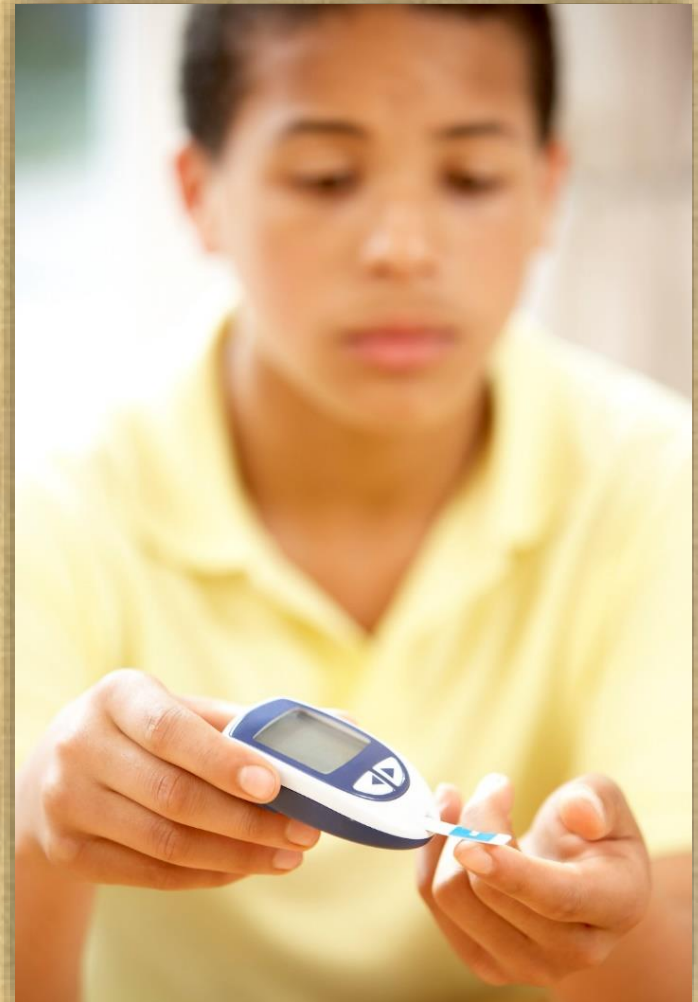
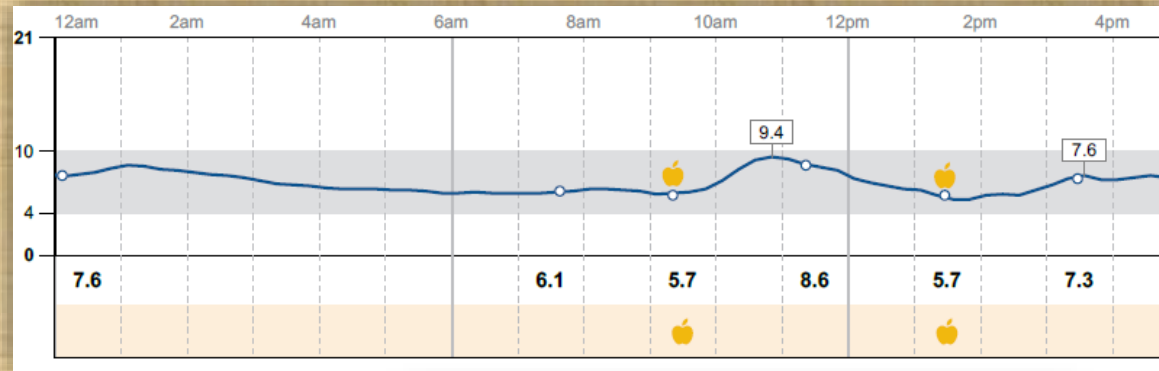
- Learn which foods have carbs and how to count them
- Learn what food labels tell you
- Practice how to make healthy food choices



Meters & Meds

1.5 hrs

- Learn about diabetes medications
- Learn what blood glucose numbers mean for you
- Learn how to prevent and treat low blood glucose



Passport to Health

1.75 hrs

- Learn what lab results tell you
- Learn what high BG can do to your body
- Learn how to partner with your health care providers



Hemoglobin A1 C

Name	Result	Flag
Hemoglobin A1C/Total Hemoglobin; Blood (An age-based population)	7.4	H
NON-DIABETIC:	< 6.0 %	
PREDIABETES:	6.0 - 6.4 %	
DIABETIC:	> 6.4 %	
OPTIMAL CONTROL:	< 7.0 %	
SUB-OPTIMAL CONTROL:	7.0 - 8.4 %	
INADEQUATE CONTROL:	> 8.4 %	(Gamma-Dynacare Medical Laboratories) (Lab 5552)



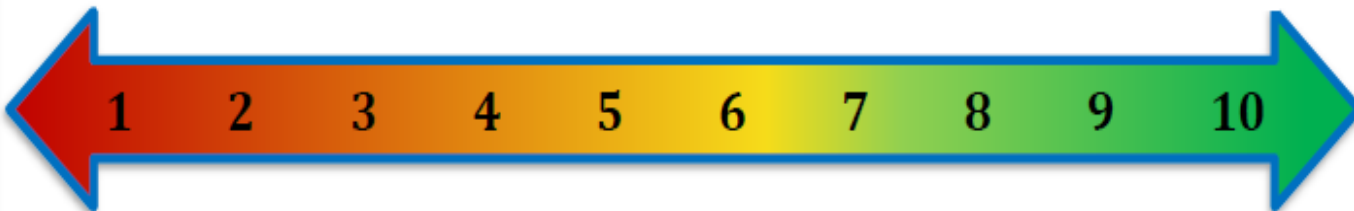
Being Active

2 hrs

- Learn how exercise can help you
- Make a personalized plan
- Try using resistance bands



I will not
be able
to do it.



I know I
can do it!

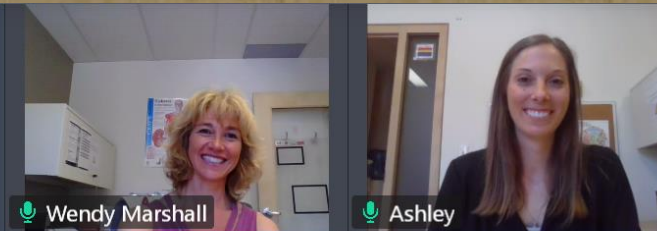
Stress & Diabetes

1.5 hrs

- Learn about the emotional impacts of diabetes
- Learn tips & ideas for handling stress and difficult situations
- Learn how to get more support



Virtual Workshops Now Available!



Join Us For Virtual Diabetes Education Workshops!



Welcome Back!

Wendy Marshall, RN, CDE
Ashley Rieder, RD, CDE

Ashley is presenting



Mic



Camera



Screen



Leave



89%



It's Easy to Register!
Call 613-233-6655
or
Sign up at the end of class

