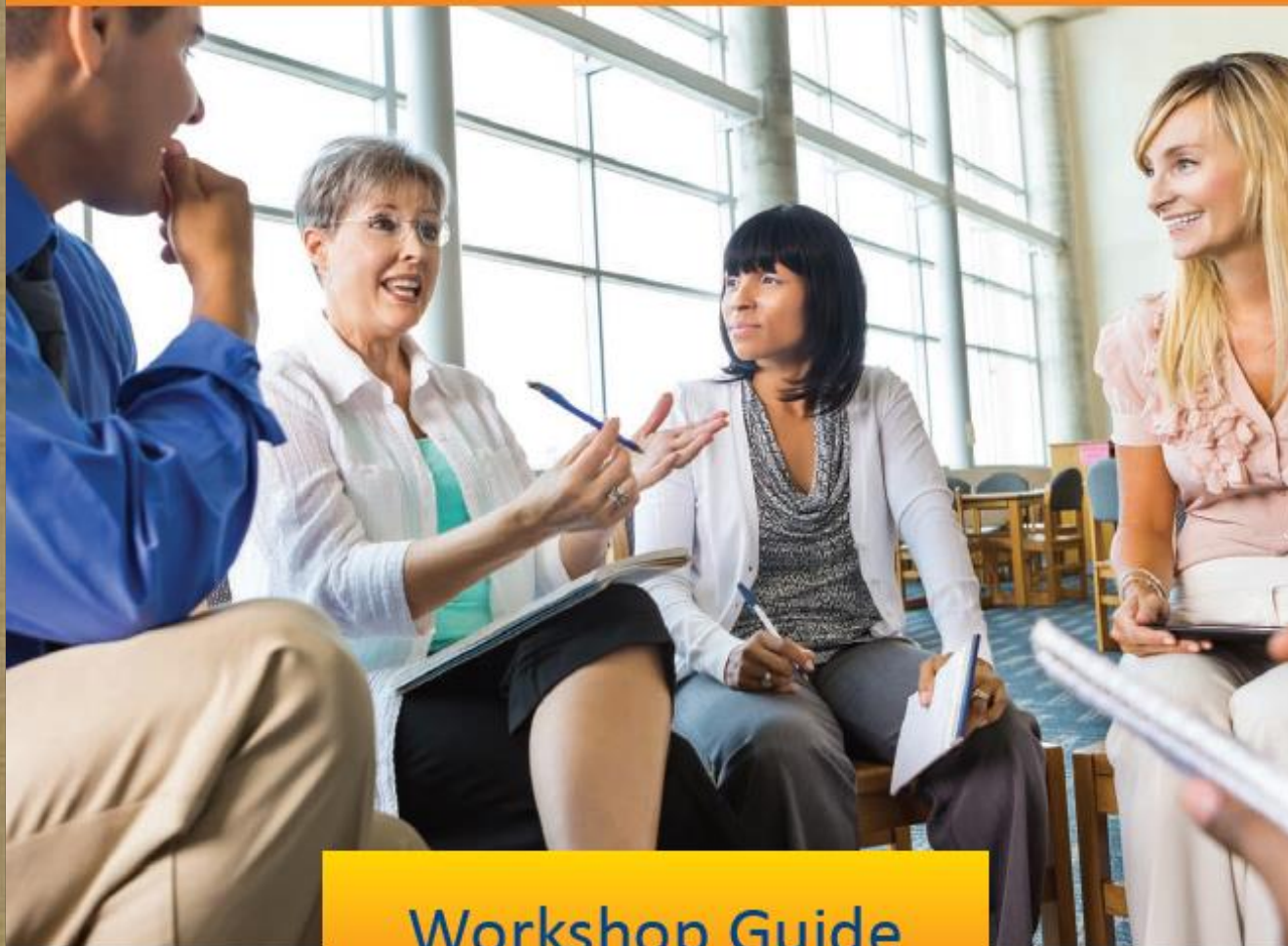


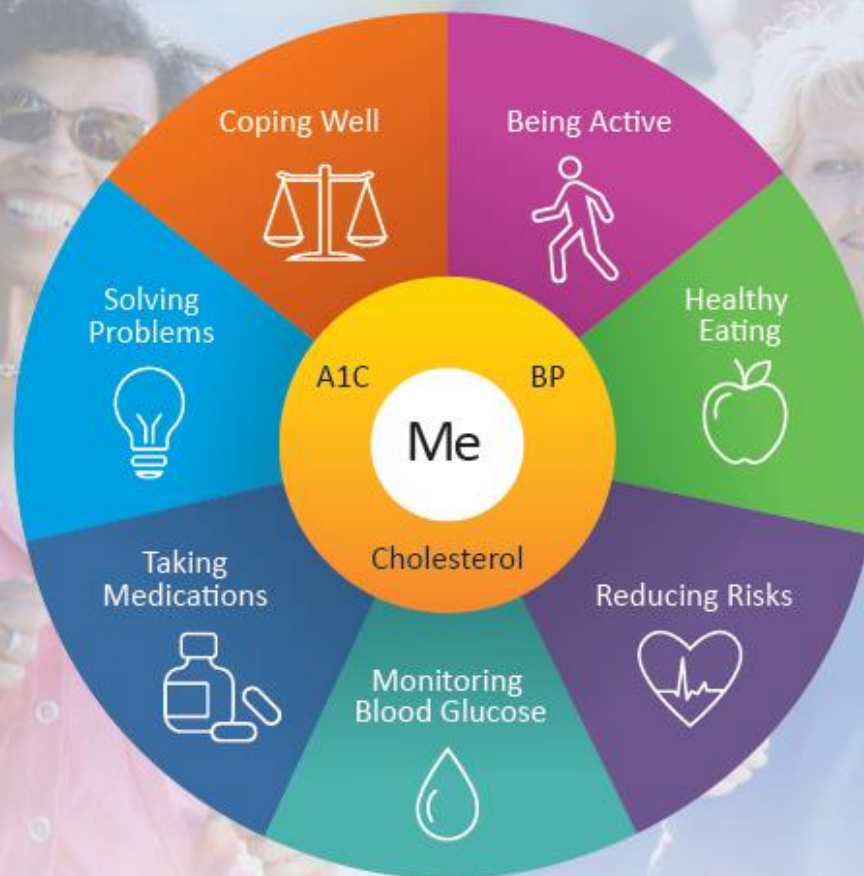
Welcome to the Community Diabetes Education Program of Ottawa



Workshop Guide

The Wellness Wheel

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

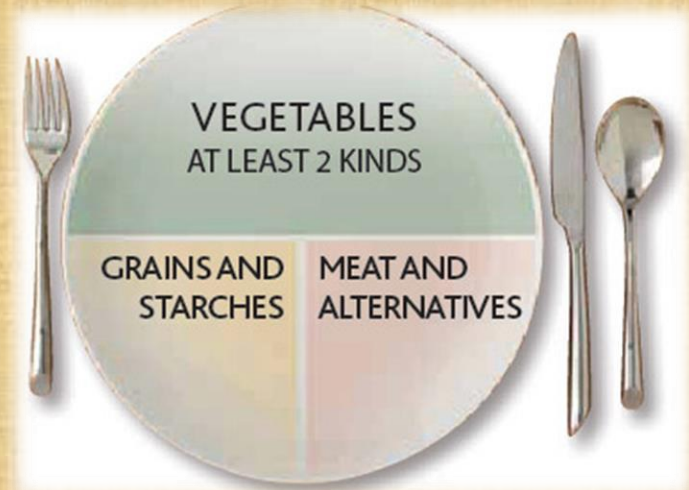


- > You are in the centre because you are in charge of your own health
- > ABCs surround you because these are the targets you need to work toward
- > The 7 behaviours surround the targets because they help you get to target
- > Meeting the targets lowers your risk of complications

Healthy Eating: Getting Started

1.75 hrs

- Learn how healthy eating can improve your health and your blood glucose
- Learn about balanced meals and how to manage portions



Healthy Eating: Carb Counting

1.75 hrs

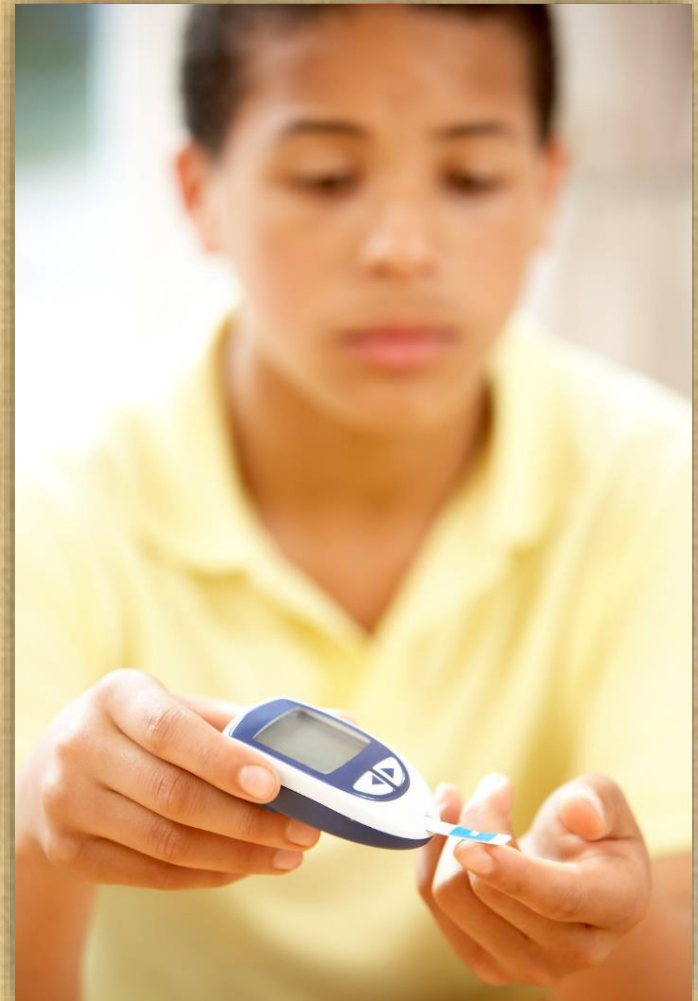
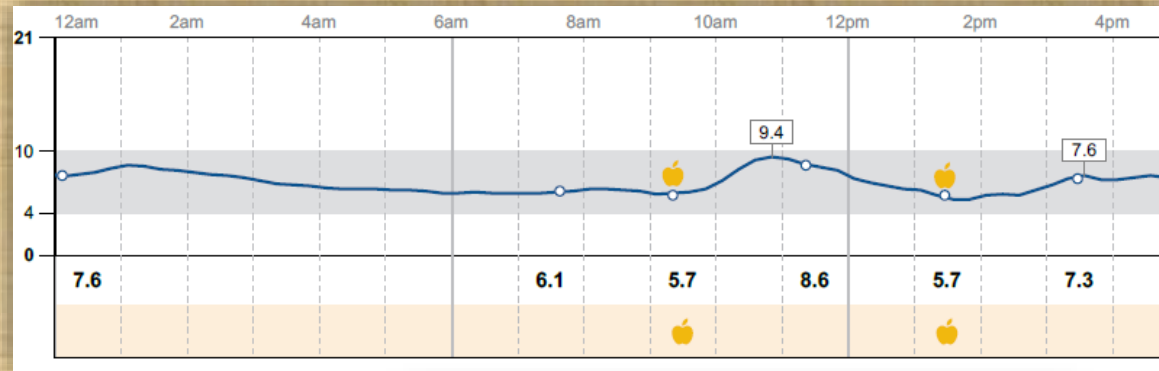
- Learn which foods have carbs and how to count them
- Learn about food labels
- Practice how to make healthy food choices



Meters & Meds

1.5 hrs

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



Passport to Health

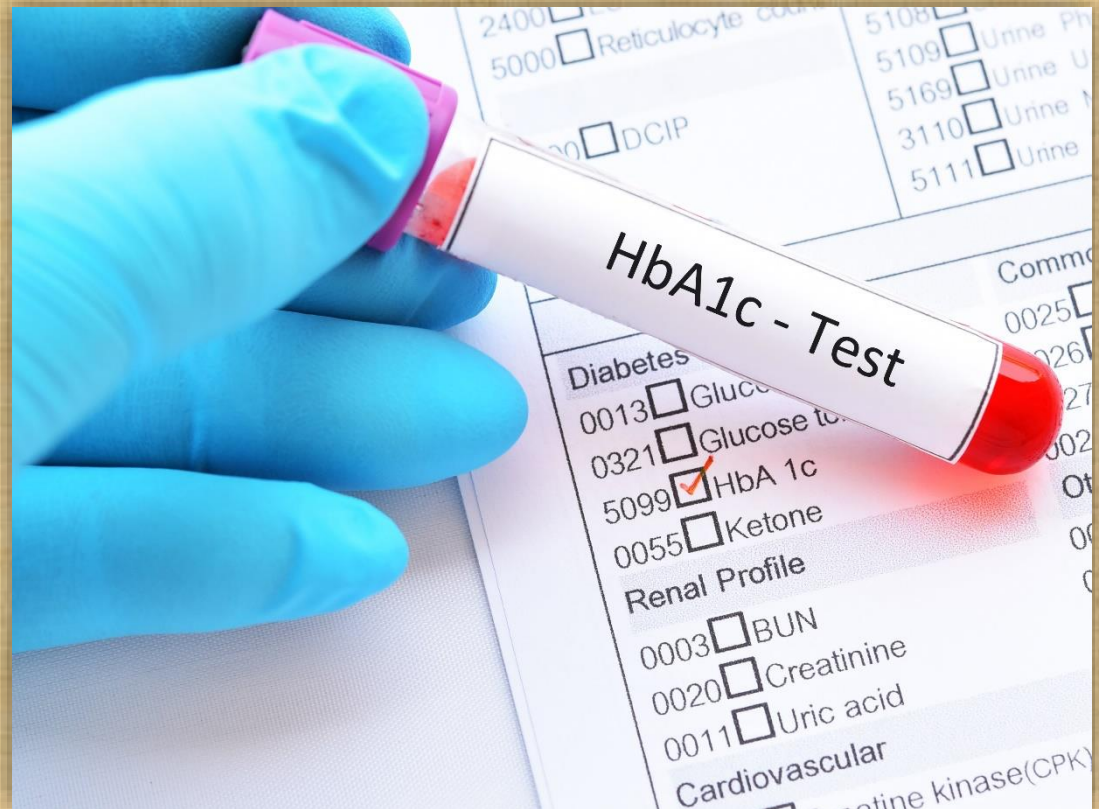
1.75 hrs

- Learn what your lab results mean
- Learn how to prevent problems from high blood glucose
- Discuss 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)



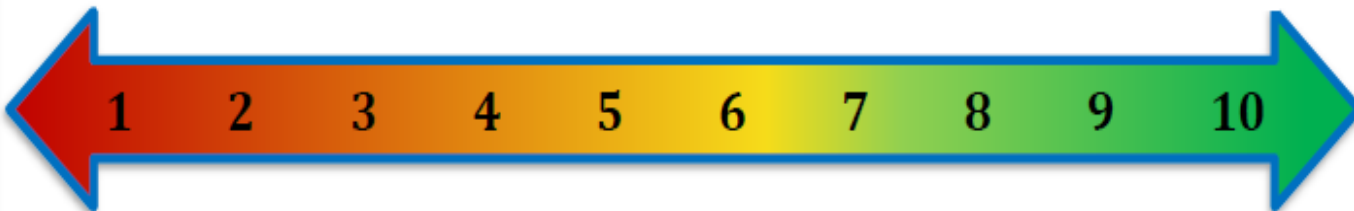
Being Active

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
- Discover tips & ideas for handling stress and difficult situations
- Learn how to get more support



Tiny Habits

(7 - 14 Day Program)

40 min self-guided learning

5 min daily practice

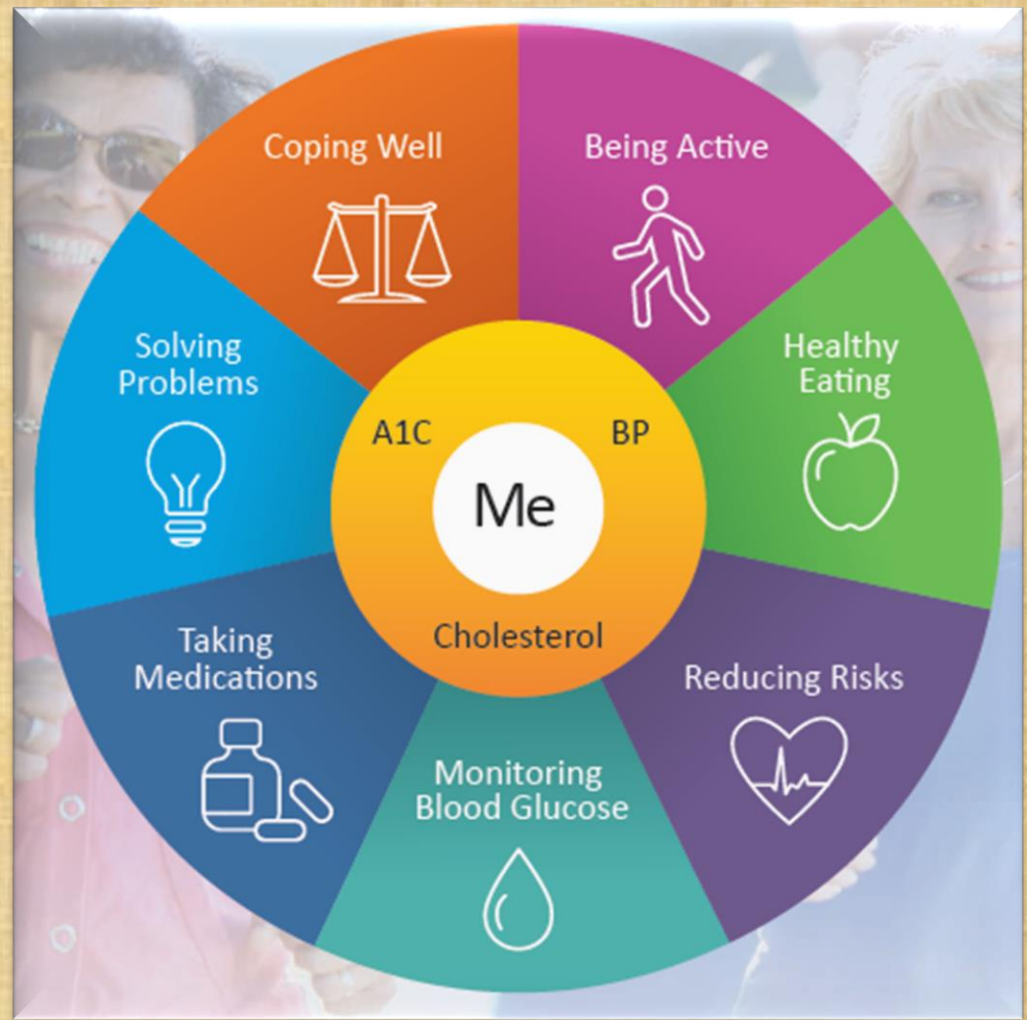
- Learn a very useful way to start a healthy habit
- No Class! Email-based coaching
- Optional 7 days: Start habits for managing diabetes



Q&A Drop-in

1 hr

- Bring your diabetes-related questions
- Learn from diabetes experts
- Connect to other helpful resources and services



Wellness Support

1.5 hrs

- Reflect on your health and wellness goals
- Connect, learn and share with peers in a safe and supportive environment
- Learn tips and strategies to support your journey



“We share ideas
and learn from
each other”

“I’m not alone
on this journey”



It's Easy to Register:

Call **613-233-6655** or sign up after class!

View Workshop Schedules Online:

www.diabeteseducation.ca

