

The Community Diabetes Education Program

The following workshops are available to registered clients of our program after they have attended Understanding Diabetes – the core workshop.

Registration is required for each workshop. You must call 613-233-6655 to register.

Healthy Eating - Getting Started:

How does food affect my blood sugar? How can I choose foods and modify my meals to get to target?

#	Location	Date/Time
792	Virtual group via Zoom	Monday February 1 1:30pm – 3:00pm
793	Virtual group via Zoom	Tuesday February 2 5:30pm – 7:00pm
794	Virtual group via Zoom	Monday February 8 5:30pm – 7:00pm
795	Virtual group via Zoom (FRENCH)	Tuesday February 9 3:30pm – 5:00pm
796	Virtual group via Zoom	Wednesday February 10 10:30am – 12:00pm
797	Virtual group via Zoom	Tuesday February 16 1:30pm – 3:00pm
798	Virtual group via Zoom	Tuesday February 16 5:30pm – 7:00pm
799	Virtual group via Zoom	Monday February 22 5:30pm – 7:00pm
800	Virtual group via Zoom	Friday February 26 10:30am – 12:00pm

Healthy Eating – Carb Counting & Label Reading:

Learn how to count basic carbohydrates and use food labels.

You may sign up for this workshop after you have completed Healthy Eating: Getting Started.

#	Location	Date/Time
807	Virtual group via Zoom	Monday February 1 5:30pm – 7:00pm
808	Virtual group via Zoom	Tuesday February 9 1:30pm – 3:00pm

809	Virtual group via Zoom	Wednesday February 17 10:30am – 12:00pm
810	Virtual group via Zoom	Wednesday February 17 5:30pm – 7:00pm
811	Virtual group via Zoom (FRENCH)	Tuesday February 23 1:30pm – 3:00pm
812	Virtual group via Zoom	Wednesday February 24 1:30pm – 3:00pm

Being Active - Getting Started:

How does physical activity affect my blood sugar and overall health? What are some practical strategies and activities I can do to become more physically active?

801	Virtual group via Zoom	Wednesday February 3 10:00am – 12:00pm
802	Virtual group via Zoom	Tuesday February 9 5:30pm – 7:30pm
803	Virtual group via Zoom	Friday February 12 2:30pm – 4:30pm
804	Virtual group via Zoom	Tuesday February 16 5:30pm – 7:30pm
805	Virtual group via Zoom (FRENCH)	Monday February 22 5:30pm – 7:30pm
806	Virtual group via Zoom	Tuesday February 23 2:30pm – 4:30pm

Stress and Diabetes:

It can be stressful for me and those around me to live with the demands of a chronic disease. How can I handle stress and get the support I need?

816	Virtual group via Zoom	Wednesday February 3 2:30pm – 4:00pm
817	Virtual group via Zoom	Monday February 8 5:30pm – 7:00pm
818	Virtual group via Zoom	Friday February 19 10:30am – 12:00pm
819	Virtual group via Zoom	Wednesday February 24 5:30pm – 7:00pm

Improving Blood Glucose with Meters & Meds:

I have a meter but I don't know when to check my blood glucose.

How does my meter help me with my A1C?

813	Virtual group via Zoom	Tuesday February 2 5:30pm – 7:00pm
814	Virtual group via Zoom (FRENCH)	Tuesday February 16 3:30pm – 5:00pm
815	Virtual group via Zoom	Wednesday February 17 1:30pm – 3:00pm

Passport to Health:

How do uncontrolled blood glucose levels affect my body? What do my lab results mean? Learn how to have a meaningful partnership with your healthcare provider.

820	Virtual group via Zoom	Wednesday February 10 5:30pm – 7:15pm
821	Virtual group via Zoom	Tuesday February 16 5:30pm – 7:15pm
822	Virtual group via Zoom	Monday February 22 1:30pm – 3:15pm