

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 |
|-----|--|---|
| 841 | Virtual group via Zoom | Monday March 1 1:30pm – 3:00pm |
| 842 | Virtual group via Zoom | Tuesday March 2 5:30pm – 7:00pm |
| 843 | Virtual group via Zoom | Monday March 8 5:30pm – 7:00pm |
| 844 | Virtual group via Zoom (FRENCH) | Tuesday March 9 3:30pm – 5:00pm |
| 845 | Virtual group via Zoom | Wednesday March 10 10:30am – 12:00pm |
| 846 | Virtual group via Zoom | Monday March 15 1:30pm – 3:00pm |
| 847 | Virtual group via Zoom | Tuesday March 16 5:30pm – 7:00pm |
| 848 | Virtual group via Zoom | Monday March 22 5:30pm – 7:00pm |
| 849 | Virtual group via Zoom | Friday March 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 |
|-----|------------------------|------------------------------------|
| 855 | Virtual group via Zoom | Monday March 1 5:30pm – 7:00pm |
| 856 | Virtual group via Zoom | Tuesday March 9 1:30pm – 3:00pm |

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| 857 | Virtual group via Zoom | Wednesday March 17 10:30am – 12:00pm |
| 858 | Virtual group via Zoom | Wednesday March 17 5:30pm – 7:00pm |
| 859 | Virtual group via Zoom (FRENCH) | Tuesday March 23 1:30pm – 3:00pm |
| 860 | Virtual group via Zoom | Wednesday March 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?

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| 850 | Virtual group via Zoom | Wednesday March 3 10:00am – 12:00pm |
| 851 | Virtual group via Zoom | Tuesday March 9 5:30pm – 7:30pm |
| 852 | Virtual group via Zoom | Friday March 12 2:30pm – 4:30pm |
| 853 | Virtual group via Zoom | Monday March 15 5:30pm – 7:30pm |
| 854 | Virtual group via Zoom | Tuesday March 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?

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| 864 | Virtual group via Zoom | Wednesday March 3 1:30pm – 3:00pm |
| 865 | Virtual group via Zoom | Monday March 8 5:30pm – 7:00pm |
| 866 | Virtual group via Zoom | Friday March 19 10:30am – 12:00pm |
| 867 | Virtual group via Zoom | Wednesday March 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?

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| 861 | Virtual group via Zoom | Tuesday March 2 5:30pm – 7:00pm |
| 862 | Virtual group via Zoom | Wednesday March 17 1:30pm – 3:00pm |
| 863 | Virtual group via Zoom (FRENCH) | Tuesday March 23 5:30pm – 7:00pm |

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.

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| 868 | Virtual group via Zoom | Wednesday March 10 5:30pm – 7:15pm |
| 869 | Virtual group via Zoom | Monday March 22 1:30pm – 3:15pm |