

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
742	Virtual group via Zoom	Monday January 4 1:30pm – 3:00pm
743	Virtual group via Zoom	Tuesday January 5 (FULL) 5:30pm – 7:00pm
744	Virtual group via Zoom	Monday January 11 5:30pm – 7:00pm
745	Virtual group via Zoom (FRENCH)	Tuesday January 12 3:30pm – 5:00pm
746	Virtual group via Zoom	Wednesday January 13 10:30am – 12:00pm
747	Virtual group via Zoom	Monday January 18 1:30pm – 3:00pm
748	Virtual group via Zoom	Tuesday January 19 5:30pm – 7:00pm
749	Virtual group via Zoom	Monday January 25 5:30pm – 7:00pm
750	Virtual group via Zoom	Friday January 29 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
724	Virtual group via Zoom (FRENCH)	Tuesday January 5 3:30pm – 5:00pm
761	Virtual group via Zoom	Wednesday January 6 (FULL) 5:30pm – 7:00pm

762	Virtual group via Zoom	Tuesday January 12 1:30pm – 3:00pm
763	Virtual group via Zoom	Wednesday January 20 10:30am – 12:00pm
764	Virtual group via Zoom	Wednesday January 20 5:30pm – 7:00pm
765	Virtual group via Zoom (FRENCH)	Tuesday January 26 3:30pm – 5:00pm
766	Virtual group via Zoom	Wednesday January 27 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?

751	Virtual group via Zoom	Wednesday January 6 10:00am – 12:00pm
752	Virtual group via Zoom	Tuesday January 12 5:30pm – 7:30pm
753	Virtual group via Zoom	Friday January 15 2:30pm – 4:30pm
754	Virtual group via Zoom	Monday January 18 5:30pm – 7:30pm
755	Virtual group via Zoom (FRENCH)	Tuesday January 19 2:30pm – 4:30pm
756	Virtual group via Zoom	Tuesday January 26 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?

757	Virtual group via Zoom	Wednesday January 6 1:30pm – 3:00pm
758	Virtual group via Zoom	Monday January 11 5:30pm – 7:00pm
759	Virtual group via Zoom	Friday January 22 10:30am – 12:00pm
760	Virtual group via Zoom	Wednesday January 27 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?

767	Virtual group via Zoom	Tuesday January 5 5:30pm – 7:00pm
768	Virtual group via Zoom	Wednesday January 20 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.

769	Virtual group via Zoom	Wednesday January 13 5:30pm – 7:15pm
770	Virtual group via Zoom	Tuesday January 19 5:30pm – 7:15pm
771	Virtual group via Zoom	Monday January 25 1:30pm – 3:15pm