

Managing Diabetes Workshops

Alberta Healthy Living Program



Managing Diabetes 3 Part Education

There are 3 options to help you maintain good control and prevent diabetes-related problems.

Diabetes Overview: A Registered Nurse will answer the questions; “What is Diabetes?” and “What does good control mean?”

Nutrition for Diabetes: A Registered Dietician will teach you how to choose healthy food to better manage diabetes.

Living with Diabetes: A Registered Nurse explores living with diabetes and how diabetes changes over time.



Living with Diabetes: Seated Exercise and Foot Care

Exercise helps to manage blood sugar levels, improve your overall health and boost mood while reducing stress.

Diabetes can impact your nerves and blood vessels as well as your ability to heal, so your feet need extra care and attention.

Fortunately, exercise can be done from a chair and receive the same great benefits!

- **30 minutes learning how and why footcare is important**
- **30 minutes learning ways to get moving from your chair**



Diabetes Overview with Registered Nurse

Oct 8	Thurs Evening	5:30-8pm
Oct 20	Tue Morning	9:30-12pm
Nov 12,	Thurs Afternoon	1:30-4pm

Ongoing Care with Registered Nurse

Oct 22	Thurs Evening	5:30-8pm
Nov 3	Tues Morning	9:30-12pm
Nov 26	Thurs Afternoon	1:30-4pm

Nutrition with Registered Dietitian

Oct 15	Thurs Evening	5:30-7pm
Oct 27	Tues Morning	9:30-11am
Nov 19	Thurs Afternoon	1:30-3pm

Living with Diabetes: Seated Exercise and Foot Care

Oct 28	Wed Afternoon	1:30-2:30pm
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For dates and to register:

1-877-349-5711

www.healthylivingprogram.ca



**Primary Care
Alberta**