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QUESTIONS ABOUT DIABETES?

Join our Dietitian and Health Educator in our online Zoom Diabetes Management workshop series. Free and open to everyone!

First session:

Diabetes Basics

April 12, 2021 @ 6-7 PM



BEYOND THE BASICS

Understanding the role of food in diabetes management

May 10, 2021 @ 6-7 PM

GLYCEMIC INDEX & READING FOOD LABELS

How to apply this easy-to-use approach to improve blood sugar

June 14, 2021 @ 6-7 PM

OPTIMIZING DIABETES MANAGEMENT

Simple everyday approaches to improve your blood sugars

August 9, 2021 @ 6-7 PM

MEDICATIONS

Join our pharmacist to learn all about the role medication plays

September 13, 2021 @ 6-7 PM

STEP UP

Why diabetes causes problems with feet and how to care for them

October 18, 2021 @ 6-7 PM

MENTAL HEALTH & DIABETES

Exploring the relationship between mental health and a diabetes diagnosis

November 18, 2021 @ 6-7 PM

REGISTER ONLINE AT WWW.CBFHT.CA OR CALL (905)-456-7111 EXT 2