

- Free Services
- Free Parking
- 2 Locations (Oshawa & Ajax)
- Refer Yourself
(No doctor's referral needed)
- Family and Friends
Always Welcome



DIABETES EDUCATION PROGRAM

Program Hours

Monday–Friday
8:00am to 4:00pm

Evening Appointments Available

Phone: 905-723-0036
Fax: 905-723-3391

Locations

115 Grassmere Avenue, Oshawa
and
360 Bayly Street West, Unit 5, Ajax

www.careachc.ca

Carea Community Health Centre | 115 Grassmere Avenue
Oshawa, Ontario | L1H 3X7
T 905-723-0036 | F 905-723-3391 | E info@careachc.ca | W careachc.ca

Carea Community Health Centre staff is dedicated to creating an inclusive environment that welcomes diversity. Every One Matters! Every One is Welcome!

Accessibility: Carea Community Health Centre is committed to complying with all applicable standards as set out in the Accessibility for Ontarians with Disabilities Act, 2005 (AODA). If you have accessibility needs and require alternate formats or other accommodations please contact the Resource Development and Communications Manager at 905-723-0036 or info@careachc.ca

Diabetes is a serious and complex disease that can be challenging to manage. We are here to provide you with the support you need as you take charge and live well with diabetes.

Individuals with Type 2 diabetes or prediabetes can come to our programs including those newly diagnosed or who have had it for a long time. You can also bring a friend or family member with you for support.



Our Diabetes Education Team is made up of:

- You!
- Registered Nurse
- Registered Dietitian
- Social Worker

What can we help you with?

- Healthy eating
- Healthy coping
- Setting priorities and goals
- Getting started with exercise
- Staying healthy with diabetes
- How to use a blood glucose meter and knowing what the numbers mean
- Understanding your medications or insulin and how to take them
- Reducing your risk of other health problems

Our Diabetes Education Program provides basic classes for those who have Type 2 diabetes or are at risk of developing diabetes. These classes will help you understand the disease better and how to manage it.

We also offer free classes on many other topics you may be interested in such as:

- Heart Health
- Understanding Carbohydrates
- Label reading
- Eating out
- And more!

Individual appointments with our Diabetes educators (Nurse and Dietitian) can be booked for you based on your personal needs. We will work together with you and your health care team to help you be the healthiest you can be!



HOW TO REGISTER Ask your doctor to fax your referral to us at 905-723-3391 Or contact us for a self-referral package.