



Clinical Services



## Diabetes Education Program - Class Calendar

### UNDERSTANDING CARBOHYDRATES: Finding the balance

***We run this class monthly at varying times of the day. Call for dates***

Want a better understanding of how to balance carbohydrates at meals and snacks to better manage blood glucose and hunger? Need help understanding the carbohydrate numbers on a food label? Find out how at this hands-on class!

### HEART HEALTH

***We run this class monthly at varying times of the day. Call for dates***

Taking care of your heart is an important part of diabetes management. Find out how to maintain your heart health (including Cholesterol and Blood Pressure) with your food choices, medications, and exercise.

### VON SMART Exercise Program

***Wednesday mornings in Gymnasium 9am–10am. Runs weekly from January to June and September to November***

A gentle and progressive exercise class for people 55+ who want to be active in a social, community setting. Anyone can participate whether from a chair, using an aid or moving independently. Join in at any time!

### EATING OUT

***Thursday April 20th 2017 1:30-3pm***

How do you eat healthy when eating out or going to social events? Learn to make healthy and informed decisions when you are eating out at a restaurant, ordering takeout or at a party.

### KEEP CALM AND CARRY ON!

***Thursday May 11th 2017 1:30-3pm***

We all have stress in our lives to some extent but did you know that stress can affect your blood sugars? Join our nurse and social worker to talk about stress and find ways to manage it.

### HEALTHY EATING ON A BUDGET

***Wednesday June 21st 2017 10-11:30am***

Eating healthy foods doesn't have to cost a fortune. Find out how to make healthy choices in the supermarket while making the most of your grocery dollar.

**Call us at 905-723-0036 to register for a class.  
Spaces are limited so register early to guarantee your spot.  
Location: 115 Grassmere Avenue, Oshawa**



Care 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 | 119158137 RR0001

## HUNGER GAMES

**Wednesday September 6th 2017 10-11:30am**

Hunger can play a game with our choices for healthy eating. Did you know that you are influenced to eat by different kinds of hunger? Learn to distinguish the types of hunger that trigger you to eat and find ways to control them.

## MAKING CHANGES STICK

**Thursday October 5th 2017 1:30-3pm**

Are you struggling to make the changes that you know will make you healthier? Do you wonder if there are strategies you can do to make a lifestyle change? Join our social worker and dietitian to explore ways to make healthy changes!

## THE NUMBERS GAME

**Thursday November 23rd 2017 1:30-3pm**

Do you check your blood glucose levels each day but don't really know how to interpret the numbers? Do you want to learn how to use your meter to get information that can help you make changes? Learn what the numbers may mean and how to manage the ups and downs of blood sugar management.

## NEW YOU RESOLUTIONS

**Thursday January 25th 2018 1:30-3pm**

It's that time of year when everyone seems to want to lose weight! Join our dietitian to discuss realistic strategies to lose weight and keep it off.

## MANAGING MEDICATIONS

**Thursday February 15th 2018 1:30-3pm**

There are many options for medications for managing diabetes. Do you wonder how your medications work? Or why some people take more than one type of medicine for diabetes? What about over the counter medicines? Join our Nurse to get the answers.

## FIBRE UP!

**Wednesday March 21st 2018 10-11:30 am**

Did you know that the Diabetes Canada recommends we get 25-50 grams of fibre everyday to help manage blood glucose, weight, cholesterol and blood pressure? Find out if you're getting enough and learn delicious ways to "Fibre Up".

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

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