

# Cowichan Area Diabetes Education Program

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The Duncan Diabetes Education program serves the Cowichan area from Mill Bay to Ladysmith, including Saltspring Island. We go to Saltspring Island every three to four months.

## **-Duncan Diabetes Education**

121 Ingram Street, Duncan, BC V9L 1N8

**Phone:** 250.737.2004

**Fax:** 250.709.3065

## **-Ladysmith Diabetes Education**

Ladysmith Health Centre 1111-4<sup>th</sup> Avenue, Room 114B

PO Box 10, Ladysmith, BC V9G 1A1

**Phone:** 250.739.5777

**Fax:** 250.740.2689

## Classes/Group Sessions

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### INTRO GROUP (3.5 HOURS)

Overview of what type 2 diabetes is and management strategies (exercise, nutrition, stress reduction, medications)	Blood sugar testing and blood sugars targets are reviewed and blood sugar strip certification is done
Meters are provided as needed	Nutrition basics

### LIVING WELL (3.5 HOURS)

Answer any questions you have	Taking good care of yourself from head to toe (eye, dental, kidney, heart, foot and sexual health)
Lifestyle and medication management of blood sugar, blood pressure and cholesterol	Basic carbohydrate counting interpretation of your blood sugars before and after meals
A review of your own cholesterol numbers	Exercise/Stress management

### DIABETES AND HEART HEALTH (2 TO 3 HOURS)

Session with our doctor, Dr. Stacey MacDonald, talking about getting the most out of your doctor's visit, diabetes and heart health
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## PREDIABETES GROUP

Review of lifestyle practices that will help delay or prevent type 2 diabetes

Answer any questions you have

## WOMEN'S WEIGHT LOSS SUPPORT GROUP

- 9:00 to 10:00a.m. on Thursday at 121 Ingram Street

Support for weight loss for women with diabetes. There is a focus on solutions for emotional eating and the "Craving Change" program is usually done sometime during each year.