

# Parksville Diabetes Education Centre

---

Campbell River Diabetes Education Centre offers individual appointments, classes and group sessions, and drop-in appointments.

## Contact us:

*Parksville Diabetes Education, Oceanside Health Centre  
489 Alberni Highway  
Parksville BC V9P 1J9*

**Phone:** 250.951.9550

**Fax:** 250.951.9575

## Classes/Group Sessions

---

### DIABETES THE JOURNEY (4 CLASSES - ONE 2-HOUR CLASS PER WEEK)

What is diabetes?	What can I do? (meal planning, activity, working with your doctor)
Monitoring your blood sugars	For people with newly diagnosed diabetes or to review type 2 diabetes management

### PREDIABETES (1.5 HOUR CLASS - SMALL GROUP)

What is prediabetes?	Proven Lifestyle measures to treat prediabetes.
----------------------	---

### FOOT CARE

How do I care for my feet when I have diabetes? Oceanside foot care nurses show you how.
--

### CRAVING CHANGE (5 CLASSES, 1.5 HOURS EACH)

Examine WHY you eat the way you do	Learn practical tools to change the role of food in your life
------------------------------------	---

### HEART MATTERS

Group education/support for those with or without diabetes who have a significant heart health event (i.e. heart attack, stenting of heart blood vessels)	Seven topic areas include: cardiac tests/procedures, nutrition, Blood Pressure control, cholesterol, relationships, stress, exercise
---	--