

# Port Alberni Diabetes Education Centre

---

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

## Contact us:

*West Coast General Hospital  
3949 Port Alberni Highway, Port Alberni, BC V9Y 4S1*

**Phone:** 250.724.8824

**Fax:** 250.724.8848

## Classes/Group Sessions

---

### PATHWAY TO DIABETES SELF MANAGEMENT (2 HOUR CLASSES FOR 4 WEEKS)

For those with pre-diabetes or diabetes, family members welcome. Day or evening group offered.

Week 1 (Overview of Diabetes and Pre-diabetes, Blood Glucose Monitoring and Certificate if needed)
Week 2 (Healthy Eating)
Week 3 (Heart Health)
Week 4 (Exercise, Preventing Foot problems, Developing Action Plans, Accessing Community Resources)

### REVIEW GROUP (2 HOURS)

Offered every 3 months for those needing a refresher.

### INSULIN GROUP

Monthly group for those using insulin	Provides group support, ongoing support with managing insulin effectively!
---------------------------------------	--

### CRAVING CHANGE (4 SESSIONS)

A 4-session program for those looking to change their relationship with food (offered based on demand)

### HEART MATTERS

A heart education program with 8 one hour sessions. Topics include: heart function, stress management, hypertension, cholesterol, cardiac medications, exercise and healthy eating.

## Drop-in

---

Wednesdays from 1:00 p.m. – 2:30 p.m.

Drop in with your questions or concerns about diet, exercise, blood glucose monitoring, understanding blood glucose results, insulin, help with self management.

### **BLOOD GLUCOSE CERTIFICATES:**

- Learn about using blood glucose meters to help you self manage your diabetes
- Certificate provided to help with test strip Pharmacare coverage

### **INSULIN STARTS:**

- Learn how to use insulin and review lifestyle to enhance
- Regular follow-up