

# Campbell River Diabetes Education Centre

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

## Contact us:

Wellness Centre, Campbell River Hospital  
375 – 2<sup>nd</sup> Avenue, Campbell River, BC V9W 3V1

**Phone:** 250.286-7150

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## Classes/Group Sessions

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### PRE- DIABETES (3 HOURS)

- What is pre-diabetes and what is going on in your body?
- Helpful lifestyle changes (adding physical activity, decreasing stress, smoking cessation)
- Healthy eating (food choices, portions and balancing meals)

### NEWLY DIAGNOSED TYPE 2 DIABETES - 3 SESSIONS

#### Fast Track (2½ hours)

How diabetes is diagnosed	Healthy eating
Lifestyle changes to control your blood glucose levels	Blood glucose monitoring

*(A Pharmacare Certificate of Training will be given)*

#### Just the Basics (3 hours)

What is diabetes?	What affects your blood glucose levels?
Medication options	Meal planning

### BEYOND THE BASICS (3 HOURS)

Working with your health team to avoid developing complications	Your targets for cholesterol, glucose and blood pressure and other lab values
Tips for handling stress, travelling with diabetes and managing sick days	Our doctor discusses how you can prepare for your medical visits
Our exercise therapist motivates you to be active	

#### Refresher Session (3 hours)

Review of healthy eating	Medication options
Working with your health team to avoid developing complications	Your targets for cholesterol, glucose and blood pressure and other lab values
Living with diabetes – the challenges!	

## Craving Change - For people who are looking to change their relationship with food

Learn to understand why you eat the way you do	Learn to comfort yourself without food
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- You must have an appointment with the Dietitian prior to attending this class
- Length – five classes (two hours each) that take place over an eight-week period

## Drop-in

Drop-in runs Wednesdays 2:30p.m. to 3:30p.m. We offer five- to ten-minute long sessions on a first-come, first-served basis.

### STARTING INJECTION THERAPY (INSULIN OR VICTOZA):

Feel confident about managing injections by learning:

Proper injection technique	Carbohydrate counting
Self adjustment strategies	Regular follow up

### INSULIN PUMP SERVICES (ADULTS AND CHILDREN):

Find out if a pump is a good option for you	Information provided about all the pumps available in Canada
In house pump training with regular follow up	Learn about the advanced features of your pump

### HEART MATTERS SESSIONS:

Free of charge, eight one-hour informative sessions for those who have a personal history of the following:

Heart attack/at risk for a heart attack	High blood pressure
Bypass surgery	Angina
Stroke/TIA	Stents
Angioplasty	

Learn about

- How your medications work
- Heart healthy eating
- Blood pressure control
- How to manage stress and activity