

Benefits of Diabetes Education:

- Empower clients to take control of their own health.
- Stay as healthy as possible for as long as possible.
- Learn about healthy eating and how to become more active.
- Set realistic goals.
- Monitor progress.
- Obtain referrals.
- Adjust goals and refresh your learning as life changes.

Diabetes Educators are:

- Certified under the Certification Board for Diabetes Care and Education
- a team of a Registered Nurse and a Registered Dietitian

Our clients are adults living with pre-diabetes, Type 2 diabetes and well-controlled Type 1 diabetes.



Locations / Hours of Operation

Beaverton

Beaverton Thorah Medical Centre
468 Main Street East
Beaverton, Ontario L0K 1A0

Mondays	8:30 am - 4:30 pm
Tuesdays	8:30 am - 4:30 pm
Wednesdays	8:30 am - 4:30 pm
Thursdays	12:00 pm - 8:00 pm
Fridays	8:30 am - 4:30 pm

Cannington

Brock Community Health Centre
64 Cameron Street East
Cannington, Ontario L0E 1E0

Fridays (1st and 3rd of every month)
8:30 am - 4:30 pm

Virtual

By phone or videoconference
(see Beaverton hours above)

Flexible hours are available.

T. 705.426.4636
F. 705.426.3330
W. www.brockchc.ca

BROCK COMMUNITY HEALTH CENTRE

Diabetes Education Program

Engage ... Motivate ... Empower!



Brock Community Health Centre is a non-profit charitable organization supported by funding from the Ministry of Health and Ontario Health East.



Who Is At Risk?

Talk to your doctor if you have any of the following risk factors:

- Age (people 40 years of age or older are at higher risk)
- Pre-diabetes/impaired fasting glucose
- Family history of diabetes
- Overweight or obese
- High blood pressure/high cholesterol
- Physically inactive
- Member of some ethnic populations including South Asian, East Asian, Indigenous and African Descent
- History of gestational diabetes or having/was a large baby over 9 lbs
- Other conditions:
 - Polycystic Ovarian Syndrome
 - Obstructive Sleep Apnea
 - Schizophrenia or other mental health diagnosis
 - Acanthosis nigricans (dark patches of skin)

Our group and individual sessions cover topics on:

- What is diabetes?
- Healthy eating and exercise
- Medications
- Blood sugar testing
- Weight management
- Insulin adjustment
- Carbohydrate counting
- Label reading
- Financial and community resources

Call directly or ask your doctor to refer you to us if you:

- live or work in Brock Township or surrounding areas
- have diabetes or are at risk for diabetes
- have a group that is interested in learning more about diabetes.

Family and friends are encouraged to participate in the educational sessions.

All services of the Diabetes Education Team are provided without cost.