

# A Change for The Better



**Mondays & Wednesdays**



**Morning & afternoon classes available**



**Oshawa, Pickering and virtually**



**To register call the DEP at:**

905-723-0036 ext: 1268

If you require accessibility assistance, please contact [info@durhamchc.ca](mailto:info@durhamchc.ca) or 1-877-227-3217

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes.

This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels.

**YOU MUST:**

- Be an adult 18+ with prediabetes or Type 2 Diabetes
- Have no prior diabetes education
- Registered or will register with the DCHC Diabetes Education Program (DEP)

**For virtual sessions you must also:**

- Provide an email address
- Have access to a computer, tablet or smart phone



[www.durhamchc.ca](http://www.durhamchc.ca)

1-877-227-3217

**DURHAM COMMUNITY HEALTH CENTRE**  
Our Health. Our Community. Our Durham.