

The Diabetes Refresher Workshop



Thursdays



1:30-3:30pm



**Oshawa, Pickering and
virtually**



To register call the DEP at:

905-723-0036 ext: 1268

Let's review and start afresh! This workshop will help you polish your diabetes management skills and offer intermediate education for improved control.

Learn about how diabetes happens in your body, which lab markers and targets to watch, and the ABCs of diabetes self-management. Also learn about nutrition interventions such as portion control, balancing meals and an introduction to carbohydrate counting.

YOU MUST:

- Be an adult 18+ with established Type 2 Diabetes
- 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

If you require accessibility assistance, please contact info@durhamchc.ca or 1-877-227-3217



www.durhamchc.ca

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