

Type 2 Diabetes Classes

Most classes require a referral from a diabetes educator. Please call before you attend any of the classes listed below. For more information about classes, call: 905-521-2100 ext. 76061

Living Well with Diabetes: This class provides basic diabetes education focusing on survival skills including: healthy eating, activity, medications, sick day management, preventing complications, blood sugar targets & testing.

- **2019 Evening Classes (6:30-8:30PM):** February 13, March 13, April 10 , May 8, June 12, August 14, September 11, October 9, November 6, and December 11.
Located at the [Turner Park Library](#). Free blood glucose meters are provided from 5:30-6:30 PM at most classes. Please call in advance to register.

Eating Well with Diabetes: This class teaches healthy food choices, meal planning & introduces carb counting, choices & carb targets.

- **2019 Evening Classes (6:30-8:30PM):** April 24, June 26, September 25, and November 27.
Located at the [Turner Park Library](#). Please call in advance to register.

Basal/bolus Insulin & Carbohydrate Counting: Participants will learn about actions of basal/bolus insulin; advanced carbohydrate counting; baseline insulin doses and use of insulin to carbohydrate ratios. Please call for time, location and to register.

Let's Move: This class promotes safe, physical activity in a supervised setting. 2019 classes are Tuesdays evenings at 6PM. Please call in advance for location and to register.

Type 1 Diabetes Classes

Classes may require a referral from a diabetes educator. Please call before you attend any of the classes listed below. For more information about classes, call: 905-521-2100 ext. 76061

Insulin Pump Selection: Participants will learn introduction to pump therapy; assistive devices program (ADP) eligibility & ongoing eligibility criteria; and features of various insulin pumps.

- **2019 Evening classes (6:00-8:30PM):** February 12, March 12, May 14, July 9, September 10, and November 12. Located here in the Diabetes Care and Research Program, Boris Clinic.
Please call in advance to register.

Insulin Pump: Saline and Insulin Starts, pump replacement/upgrade classes, and follow-up. Please call to inquire.

Basal/bolus Insulin & Carbohydrate Counting Participants will learn about actions of basal/bolus insulin; advanced carbohydrate counting; and baseline insulin doses and use of insulin to carbohydrate ratios. Please call for time, location and to register.

Let's Move: This class promotes safe, physical activity in a supervised setting. 2018 classes are Tuesdays evenings at 6PM. Please call in advance for location and to register.

New for 2019

Driving Change – Self-Management Workshop: This is for people who are already using multiple daily doses of insulin (type 1 or type 2) and want to learn more about how to understand their blood sugar numbers. You will leave the class with an individualized goal for improving your diabetes management at home and you will also be provided with telephone support from your diabetes educator. Please call for time, location and to register.