

Diabetes Care and Research Program: 2020 Class Dates

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.

Type 2 Diabetes Classes

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.

- **2020 Evening Classes (6:30-8:30PM):** January 8, February 12, March 11, April 8, May 13, June 10, August 12, September 9, October 14, November 4, and December 9. 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.

- **2020 Evening Classes (6:30-8:30PM):** January 22, April 22, June 17, September 23, and November 25. Located at the [Turner Park Library](#). Please call in advance 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

Diabetes and Technology: Participants will learn introduction to pump therapy; assistive devices program (ADP) eligibility & ongoing eligibility criteria; and features of various insulin pumps and continuous glucose monitoring (CGM) systems.

- **2020 Evening classes (6:00-8:30PM):** February 12, March 24, May 12, July 14, September 8, and November 10. 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.

Type 1 and Type 2 Diabetes Classes

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.

Advanced Carbohydrate Counting – Matching Insulin to Carbohydrate: 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. 2020 classes are Wednesday afternoons from 2:30-3:30 at the Bernie Morielli Recreation Centre.

This is a drop-in class and pre-registration is not required. For more information please call our Kinesiologist at 905-52-2100 x73846