

## Are You At Risk?

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

- ☐ Over 40 years old
- ☐ Parent, brother or sister with diabetes
- ☐ Aboriginal, Hispanic, South Asian, Asian or African descent
- ☐ Heart disease, kidney disease, eye disease or nerve damage
- ☐ Vascular disease
- ☐ History of diabetes in pregnancy
- ☐ Giving birth to a large baby (over 9 pounds at birth)
- ☐ High blood pressure
- ☐ High cholesterol
- ☐ Overweight or extra weight around the belly
- ☐ Your doctor has told you that you have:
  - impaired glucose tolerance
  - elevated fasting blood sugar
  - polycystic ovarian syndrome
  - obstructive sleep apnea
  - schizophrenia
  - acanthosis nigricans (dark patches of skin)

(Adapted from Canadian Diabetes Association Clinical Practice Guidelines 2014)

## Locations / Hours of Operation

### Beaverton

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

Mondays	8:30 a.m. - 4:30 p.m.
Tuesdays	8:30 a.m. - 4:30 p.m.
Wednesdays	8:30 a.m. - 4:30 p.m.
Thursdays	12:00 - 8:00 p.m.
Fridays	8:30 a.m. - 4:30 p.m.

### Cannington

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

Mondays	8:30 a.m. - 4:30 p.m.
Wednesdays	8:30 a.m. - 4:30 p.m.
Thursdays	8:30 a.m. - 4:30 p.m.
Fridays	8:30 a.m. - 4:30 p.m.

### Sunderland

Sunderland Medical Centre  
26 Church Street South  
Sunderland, Ontario L0C 1H0

First Thursday monthly (as required)

Flexible hours are available.

T. 705.426.4636  
F. 705.426.3330  
W. [www.brockchc.ca](http://www.brockchc.ca)

(Revised April 2017)

BROCK COMMUNITY HEALTH CENTRE

# Diabetes Education Program

Seeks to Engage ... Motivate ... Empower!



Brock Community Health Centre is a non-profit charitable organization supported by funding from the Ministry of Health and Long-Term Care and the Central East Local Health Integration Network.





### **Diabetes Educators:**

- are a Registered Nurse (RN) and Registered Dietitian (RD)
- specialize in diabetes education

### **Our clients are:**

adults with pre-diabetes,  
Type 1 diabetes or  
Type 2 diabetes.



### **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.

### **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

Group sessions are also available in Brock Township. Please call for dates and times.



### **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.**