Beaverton

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

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

Cannington

Brock Community Health Centre 64 Cameron Street Fast

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

Sunderland

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

First Thursday monthly (as required)

T. 705.426.4636 F. 705.426.3330 W. www.brockchc.ca

(Adapted from Canadian Diabetes Association Clinical Practice Guidelines 2014)

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Are You At Risk?

the following risk factors:

☐ Over 40 years old

☐ Vascular disease

diabetes

Talk to your doctor if you have any of

Asian, Asian or African descent

☐ Parent, brother or sister with

☐ Aboriginal, Hispanic, South

☐ Heart disease, kidney disease,

eye disease or nerve damage

☐ History of diabetes in pregnancy

☐ Giving birth to a large baby

(over 9 pounds at birth)

☐ Overweight or extra weight

☐ Your doctor has told you that you

impaired glucose tolerance

elevated fasting blood sugar

polycystic ovarian syndrome

obstructive sleep apnea

schizophrenia

patches of skin)

☐ High blood pressure

around the belly

☐ High cholesterol

have:

Locations / Hours of Operation

8:30 a.m. - 4:30 p.m. 8:30 a.m. - 4:30 p.m.

Cannington, Ontario LOE 1E0

Flexible hours are available.

Brock Community

Supported by:

Education Program

Diabetes

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.

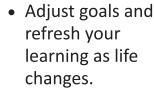
Our group and individual sessions cover topics on:

- 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.

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.



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.