

# Community Diabetes Program

## Waterloo Region: Program Listing

	Living Well with Diabetes	Our intro diabetes class will help you to understand what diabetes is and what you can do to control your blood sugar through diet, medication, and physical activity.
	Advanced Carb Counting and Label Reading	Coming soon! What are carbs and how do they affect my blood sugar? How can label reading help? We will show you how to make the best food choices.
	Healthy Heart	Too much cholesterol, fat and salt in your diet can affect your heart and arteries. Our RD will present some useful ways to reduce these in your diet.
	Healthy Steps (Pre-D)	If you are at risk for diabetes then you can learn what to do to reduce your risk and prevent the development of diabetes.
	Gestational Diabetes	Introduction to Gestational Diabetes and its management. Blood glucose testing, targets and nutrition will be discussed.
	Healthy Mom, Healthy Baby	Post partum nutrition for individuals who have experience Gestational Diabetes.
	Living Well with Diabetes Support Group	Have you completed your Diabetes Education but want to stay connected and keep learning. This is your group. Topics vary at the interest of members.
	Let's Move	Exercise is one of the best treatments for diabetes. Join us in this fun class where all fitness levels are welcome.
	Diabetes and Exercise	Learn about the incredible effects of exercise with the Registered Kinesiologist.
	Foot Care	Our Chiropodist (foot specialist) and Footcare Nurse provide foot treatments for people with diabetes. Limited care available.

Note: All programs require a referral.

Referrals can be made by your primary care provider or yourself. Forms are available at DEP reception or at [www.waterloowellingtondiabetes.ca](http://www.waterloowellingtondiabetes.ca).