



**We offer foundational groups to build your knowledge of diabetes.**

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**Diabetes: Back to Basics:**

A beginners guide to understanding what diabetes is, how to self-manage diabetes, knowing your sugar targets and what to do with high and low blood sugars.

**Food for Thought: Taking the Mystery out of Eating:**

Learn about how food affects sugars, the importance of eating enough, how to recognize hunger and fullness cues, and how to fuel your body with food.

**Understanding Sugars - You're More than Just Numbers:**

Learn about monitoring and making sense of your sugar patterns. Discuss the difference between devices such as blood sugar meters and continuous glucose monitor devices such as Dexcom™, Libre™ and Guardian™.

**Your Diabetes Medication Journey:**

Learn about the role of medications in diabetes management and understand how they work in the body. Discover what medication might be best for you.

**Insulin Mastery: All About Insulin Therapy:**

Discuss the different types of insulin, how it works in your body, how and where to inject insulin, site rotation and insulin storage.

**Living Your Best Life with Diabetes:** Learn about what checkups and blood tests you need regularly, targets to prevent diabetes complications, and how to enjoy travelling and special events while living with diabetes.

**Surviving to Thriving with Diabetes:** Learn about practical strategies for coping with stress and the challenges of living with diabetes, as well as holistic approaches to building resiliency and wellness into everyday life.

**The Power of Small Steps: Taking Action:**

Learn how the power of small, gradual steps can facilitate behavior change, and offer practical insight and strategies for achieving sustainable and positive transformations.

**Your Voice, Your Power: Personal Advocacy Strategies:** We will discuss what advocacy is, your rights, how to talk with your health care provider, communication strategies, coping strategies and resources.

**Your Journey to Getting Active:** Learn about what physical activity is and how moving our bodies in a way that we enjoy can impact our health and diabetes management. We will give a variety of examples, as well as identify barriers and strategies to set us up for success.

**JOIN US!**

Interactive, discussion-based groups to help you learn more about diabetes, nutrition, medications and so much more!

**Call (204) 233-0262**