

community diabetes education program



north simcoe
family health team

helping you be the healthiest you

community diabetes education program

program overview

Your Community Diabetes Education Program is here to help support you in living a healthy life style.

The program consists of Registered Nurses, Dietitians, Social Work, Advanced Foot Care and a Nurse Practitioner.

what to expect at your visit:

- Check your blood pressure
- Understand how to check your blood sugar to see patterns
- Talk about healthy eating and exercise
- Discuss how your medication and insulin work
- Have a foot assessment completed
- Learn how to set goals
- Review your lab tests (A1c, Cholesterol, Kidney Function)
- Discuss your feelings and emotions about having diabetes

interested in this program?

call our team to register

705.526.7804

or visit - www.nsfht.ca



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