

Diabetes

FREE EDUCATION SESSIONS

Open to the public or by physician referral | Call ahead to book.

Offered in Hamilton

Let's Move with **Diabetes!**

We can help you get active & stay active!

This presentation includes information about:

- The benefits of regular physical activity for people with diabetes
- The type of physical activities that are safe and most effective to lower blood sugar
- How much, how often and how intense should physical activity be

You will learn:

- How you can get started and become more physically active safely
- How to set achievable goals for increasing physical activity
- How to deal with barriers that stop you from being more physically active

Where: Hamilton General Hospital | Margaret Charters Auditorium
237 Barton Street East, Hamilton

When: Every Tuesday, 6:00 - 7:30 pm

To register for this class call: (905) 521-2100 ext. 76061

Diabetes: First Steps

Have you recently been diagnosed with Type 2 Diabetes?

In this session you and your family can attend to learn the first steps in taking care of Type 2 Diabetes as well as:

- Nutrition tips
- Exercise information
- Medications
- Management techniques

Presented by the **Canadian Diabetes Association**

To register for a session call: (905) 540-2512

All sessions start at 7:00 - 8:00 pm and take place at Fortinos, 65 Mall Road, Hamilton
Sessions held monthly please call for dates.



**Hamilton Diabetes
Collaborative**

diabetes care everywhere