

# SELF-MANAGING YOUR DIABETES



## COMMUNITY Diabetes Education PROGRAM OF OTTAWA

Your community resource for living well with diabetes.  
To register, call 613-233-6655.  
It's FREE at locations all across Ottawa.

### KNOWLEDGE IS POWER

Are you 18+ and have type 2 diabetes or pre-diabetes? Whether you're newly diagnosed or have had type 2 diabetes for years, you can get up-to-date information with the **Community Diabetes Education Program of Ottawa** to help you live a healthy life.

### GET INFORMED

Services include group and individual information sessions with specialized nurses, dietitians and chiropodists for foot care appointments.

### SESSIONS ARE:

**Free**

**Convenient** Day and evening classes across Ottawa

**Accessible** Offered in many languages



### HOW WE CAN HELP

Through our program, you'll learn about:

- Self-managing diabetes
- Healthy eating (without sacrificing taste)
- Monitoring blood glucose
- Taking medication
- How emotions and stress affect diabetes
- Delaying or reducing the risk of complications
- Starting insulin
- Getting active
- Foot care appointments



"The leaders made everyone comfortable and provided useful, accurate information that was easy to follow. Thank you for offering such a worthwhile community service."

– Barry  
Overbrook Forbes Resource Centre participant

"I highly recommend the **Community Diabetes Education Program of Ottawa**. Thanks to its supportive and knowledgeable staff, my patients come away confident about self-managing diabetes. They also enjoy sharing stories with other participants and getting the chance to support one another."

– Julie Jenner, MD



Physician recommended!

### The Truth About Diabetes

There's a lot of misinformation about diabetes. The **Community Diabetes Education Program of Ottawa** sets the record straight:

#### Myth:

Eating too much sugar causes diabetes.

**Fact:** Factors such as genetics and lifestyle both increase the risk.

#### Myth:

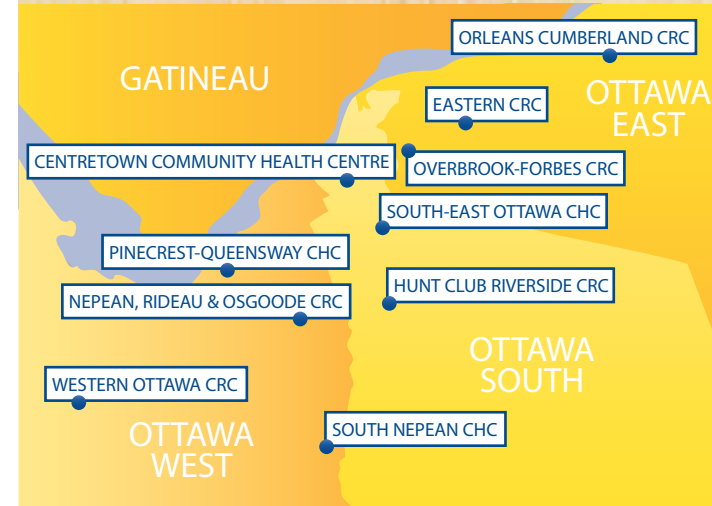
People with diabetes can't live normal lives.

#### Fact:

People can live full, active lives if they manage their diabetes.



### FREE AT LOCATIONS ACROSS OTTAWA:



To register, call 613-233-6655

Fax: 613-233-6713

The Community Diabetes Education Program of Ottawa is funded by the Ontario Ministry of Health and Long-Term Care and sponsored by the Centretown Community Health Centre on behalf of the Coalition of Community Health and Resource Centres.

We work in partnership with family physicians and specialists, as well as with the Champlain Local Health Integration Network, the Champlain Regional Diabetes Network and the Diabetes Regional Coordinating Centre.



To register, call 613-233-6655. It's free.

To learn more about diabetes and our programs and services, please visit [www.DiabetesEducation.ca](http://www.DiabetesEducation.ca)