

**Are you at risk for
Type 2 Diabetes?**

**Sao voce em perigo
para o Tipo 2
diabetes?**

**Sind Sie ein erhohetes
risiko fur Typ 2
Diabetes?**

**Etes-vous a risque
d'avoir le diabete du
Type 2?**

**Czy masz ryzyko
cukrzycy typu 2?**

**With locations across
Waterloo Region
to serve you**

Contact 519-653-1470 extension 372
for more information or to self refer

The Community Diabetes Program is
recognized for excellence in diabetes
education and nationally accredited by
the Canadian Diabetes Association.



**Supporting People
with Diabetes to Live
Life Well**



Sponsoring Organization

The goal of diabetes education is to promote diabetes self-management.



The **Community Diabetes Program** strives to support adults with diabetes and their families by helping them make healthy lifestyle choices to control blood sugar and reduce the risk of problems associated with diabetes.

Who attends?

- People with diabetes
- People with "borderline" or pre-diabetes
- People with newly diagnosed or existing Type 2 Diabetes
- Family members, caregivers, & support people are welcome

About the Program

- Learn how to check, manage and control your blood sugar levels
- Free interpretation services are available
- People without health benefits are welcome
- Referrals are made by your health care provider but you can also self refer
- We offer our programs and services in the community



FREE Services

- Individual appointments with a Nurse, Dietitian, Exercise Specialist, and/or Foot Specialist
- Eye tests (not available at all sites)
- Foot check-ups and treatments
- Supportive group education sessions
- Physical activity sessions
- Pre-diabetes education sessions
- On-site visits

