



Markham Stouffville Hospital – Uxbridge Site

Adult Diabetes Education Group Session Topics

Diabetes Type 2 / Pre-diabetes - Part 1: Healthy Beginnings/ Self Management

This 3 hour program is offered every 3rd week of the month on a Thursday morning. Participants learn about Type 2 diabetes and pre-diabetes. We will provide information on medications, healthy eating, activity and meal planning. The class is informal and interactive. Information packages are provided to each participant. Our goal is to have participants self-manage their diabetes

Blood Glucose Monitoring Class

This is a 30 minute class offered after the Part 1 program. Meters are provided free of charge with a sample of test strips. Participants will be taught how to use the meter and have the opportunity to practice the skill. Information will be provided on when to test blood sugar, how to record values and how to interpret results. Log books for recording blood sugar results will be started.

Diabetes Type 2 / Pre-diabetes - Part 2: Staying Healthy/ Heart Health

This 3 hour program is offered on the last Thursday of the month, in the morning. Participants choose the month that suits their schedule. Participants learn how to live a full and healthy life with diabetes. We will provide participants with the knowledge of ways to prevent the health risks associated with diabetes.

381 Church St. P.O. Box 1800
Markham, Ontario. L3P 7P3
905.472.7000