

**Diabetes Education Centre – Group Education Program**

**Managing Your Prediabetes**

Our team consists of Registered Nurses and Dietitians with specialized training in diabetes care. The group program consists of two sessions held about one month apart. You will also have time to talk to the Nurse and Dietitian about any individual concerns.

<p><b>Day 1</b></p> <p><b><i>The Basics</i></b></p>	<p><b>Learn the basics of prediabetes self-management.</b></p> <ul style="list-style-type: none"> <li>• What is prediabetes? How is it managed?</li> <li>• What are my targets?</li> <li>• Do I need to test my blood glucose?</li> <li>• How foods affect my blood sugar</li> <li>• Healthy eating, the glycemic index and the plate model</li> <li>• What is my “best” weight?</li> <li>• Tobacco and alcohol use</li> <li>• How to set SMART goals to improve your health</li> </ul>
<p><b>Day 2</b></p> <p><b><i>Beyond the Basics</i></b></p>	<p><b>Expand your self-management knowledge.</b></p> <ul style="list-style-type: none"> <li>• Learn strategies to reduce stress</li> <li>• Adding movement and activity into my day</li> <li>• Understand my lipid profile and blood pressure targets</li> <li>• Eating for a Healthy Heart: learn nutrition strategies to improve lipid profile, blood pressure and overall health</li> <li>• Achieving my “best” weight</li> </ul>