

# **The Alberta Healthy Living Program**

## **- Central Zone -**

**Health Education**  
**Supervised Exercise**  
**Self Management**  
**Diabetes Specialty Care**

## **April to June 2014 Calendar**

## The Alberta Healthy Living Program – Central Zone –

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**Please click the following link to access the referral form for these services**

**<http://www.albertahealthservices.ca/frm-09592.pdf>**

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The services listed in this calendar are provided by Alberta Healthy Living Program and in partnership with Allied Health, Nutrition Food Services and local Primary Care Networks.

## Health Education – Service Information

### Better Choices, Better Health

Six, 2 ½ hour sessions

#### Program Information and Objectives

In this program you will learn:

- How to handle pain and fatigue
- Medication management
- Dealing with difficult emotions
- Healthy eating and activity
- Problem solving
- Goal Setting
- Communicating with Health Care Providers

#### Who is the class for?

- ✓ Anyone with a chronic disease (i.e. diabetes, heart disease, arthritis, asthma, high blood pressure, chronic pain, obesity, or others). This series of group sessions will help you take control of your health
  - ✓ Feel better
  - ✓ Take small steps
  - ✓ Plan for the future
- ✓ Family members and/or care providers welcome

### Craving Change

Three, 2 ½ hour sessions

#### Class Information and Objectives

In these workshops you will learn:

- Why it's hard to change our eating behaviors
- Uncover triggers for problematic eating- emotions, situations, events, cravings
- Strategies for change
- Tips for a healthier, lasting relationship with food
- And receive a workbook that includes self awareness tools, activity worksheets and personal stories

#### Who is the class for?

- ✓ These workshops are for anyone who wants to feel more in control of eating

#### **Return to Services Available**

**To register, or for additional information on these services  
please call: 1-877-314-6997**

## Health Education - Service Information ... Cont'd

### Diabetes The Basics

One, 6 hour session

#### Class Information and Objectives

In this 6 hour group session, you will learn how to care for and manage your diabetes (Pre-diabetes and Type 2) specifically:

- Diabetes myths and facts
- Progression of diabetes
- Healthy eating with diabetes
- Blood glucose monitoring and control
- Medications for diabetes
- What to do during an illness (cold or flu)
- Benefits of keeping active
- Adopting a healthy lifestyle
- The importance of taking care of your feet
- How Diabetes affects all body systems

#### Who is the class for?

- ✓ People at risk of developing diabetes
- ✓ People diagnosed with pre-diabetes, or
- ✓ Type 2 diabetes (newly diagnosed or needing an update)

**Note:** As this workshop is all day, please bring a bag lunch and any other supplies you require for the day.

### Heart Wise – Managing Cholesterol and Blood Pressure

One, 3 hour session

#### Class Information and Objectives

You will learn:

- Causes, risk factors and complications
- 6 nutrition tips to improve heart health
- Other lifestyle choices affecting heart health
- How to correctly take your own blood pressure
- Recommended blood pressure and lab values
- Importance of self management
- Making lifestyle changes

#### Who is the class for?

- ✓ People diagnosed with high blood pressure and /or high cholesterol (newly diagnosed or needing an update)
- ✓ People diagnosed with risk factors of heart disease
- ✓ People wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease
- ✓ Type 2 diabetes (newly diagnosed or needing an update).

**Note:** Heart Wise is offered in collaboration with AHS Nutrition and Food Services.

#### [Return to Services Available](#)

**To register, or for additional information on these services  
please call: 1-877-314-6997**

## Health Education - Service Information ... Cont'd

### Lifestyles Module #1 – Healthy Eating

One, 1 to 1 ½ hr session

#### Class Information and Objectives

In these sessions you will learn:

- Learn how healthy eating contributes to your health
- Identify how to measure serving sizes and build a 'Healthy plate'
- Practice basic label reading
- Understand the importance of spacing regular meals

#### Who is the class for?

- ✓ Anyone wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease

Note: This program is offered in a variety of formats throughout the zone. Please see details below, or call for more information

Note: Workshops can be taken in any order depending on an individual's interest and schedule

### Lifestyles Module #2 – Physical Activity

One, 1 to 1 ½ hr session

#### Class Information and Objectives

In these sessions you will learn:

- Identify the benefits of physical activity
- Learn the difference between active living and exercise
- Understand the barriers to regular exercise
- Explore ideas to increase your activity

#### Who is the class for?

- ✓ Anyone wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease

Note: This program is offered in a variety of formats throughout the zone. Please see details below, or call for more information

Note: Workshops can be taken in any order depending on an individual's interest and schedule

### Lifestyles Module #3 – Health From Head to Toe

One, 1 to 1 ½ hr session

#### Class Information and Objectives

Fun and interactive session on a variety of health topics.

#### Who is the class for?

- ✓ Anyone wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease

Note: This program is offered in a variety of formats throughout the zone. Please see details below, or call for more information

Note: Workshops can be taken in any order depending on an individual's interest and schedule

### Lifestyles Module #4 – Making Healthy Lifestyle Changes

One, 1 to 1 ½ hr session

#### Class Information and Objectives

In this session you will:

- Understand why making healthy lifestyle changes is not easy
- Learn practical ideas on how to make changes
- Begin to make the changes you want by identifying your personal goal to improve your health

#### Who is the class for?

- ✓ Anyone wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease

Note: This program is offered in a variety of formats throughout the zone. Please see details below, or call for more information

Note: Workshops can be taken in any order depending on an individual's interest and schedule

[Return to Services Available](#)

**To register, or for additional information on these services  
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## Health Education - Service Information ... Cont'd

### Respiratory Education

One, 2 ½ hour session

#### Class Information and Objectives

In these sessions you will learn:

- What is Chronic Obstructive Pulmonary Disease (COPD)?
- Factors that can make your symptoms worse
- Helpful breathing tips
- Review of common respiratory medications

#### Who is the class for?

- ✓ People diagnosed with chronic lung condition e.g. COPD (Chronic Obstructive Pulmonary Disease)

**Note:** Respiratory Education is offered in collaboration with AHS Respiratory Therapy, and will be offered via Videoconference.

### Supervised Exercise Program

#### Class Information and Objectives

In this program you will:

- Receive a one-on-one initial assessment (scheduled 1-2 weeks prior to start of the program)
- Participate in 8 weeks (2 days per week, 1 ½ hr sessions) of supervised exercise
- Receive a post program assessment (scheduled after completion of the program)
- Participate in a 10 week check-in session

#### Who is the class for?

- ✓ Anyone with one or more chronic conditions that is interested in increasing their level of physical activity

### Weight Wise Workshops:

#### Who are these workshops for?

- ✓ Anyone who is interested in learning effective and safe strategies to manage their weight.
- ✓ Note: workshops can be taken in any order depending on an individual's interest and schedule.



### Getting Started: Planning for Success - One, 2 ½ hour session

#### Class Information and Objectives

In this session you will:

- Learn about obesity – definition, causes and treatment options including Bariatric surgery
- Learn about how obesity impacts your life and health
- Learn ways to record what you eat, how active you are and how you are feeling emotionally

### Lifestyle Change: A Tool Kit for Success - One, 2 ½ hour session

In this session you will:

- Learn how to make and keep healthy lifestyle changes
- Learn strategies such as prioritizing, journaling, problem solving, thinking skills and goal setting

[Return to Services Available](#)

**To register, or for additional information on these services  
please call: 1-877-314-6997**

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**Health Education - Service Information ... Continued**

**Weight Wise Workshops: (Continued)**

**Nutrition: The Top 5 Tips to Reduce Calories - One, 2 ½ hour workshop**

**Class Information and Objectives**

In this workshop you will:

- Learn about the top five ways to lower calories and practice strategies in class

**Managing Hunger and Appetite - One, 2 ½ hour workshop**

**Class Information and Objectives**

In this workshop you will:

- Explore the differences between hunger and appetite
- Practice techniques to manage appetite triggers and social pressures

**Moving Matters: Including Physical Activity in Your Day - One, 2 ½ hour workshop**

**Class Information and Objectives**

In this workshop you will:

- Explore the benefits and barriers to being more active
- Receive tips on how to get more physically active
- Set your own personal activity goals

**Nutrition: I Know I Should Eat Healthy, But How? - One, 2 ½ hour workshop**

**Class Information and Objectives**

In this workshop you will:

- Leave with tips on how to put your nutrition knowledge into practice
- Explore the 4 P's: *Plan, Purchase, Prepare and Pack*

**Nutrition: The Truth About What Works In Weight Management - One, 2 ½ hour workshop**

**Class Information and Objectives**

In this workshop you will:

- Evaluate what you are eating and learn strategies that can help lower your calories
- Explore how meal patterns, food choices and portion size effect calorie intake
- Learn about which foods can help you manage your weight

**[Return to Services Available](#)**

**To register, or for additional information on these services  
please call: 1-877-314-6997**



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**Health Education - Service Information ... Continued**

**Weight Wise Workshops: (Continued)**

**Nutrition: Eating Away From Home and During Special Occasions - One, 2 ½ hour workshop**

**Class Information and Objectives**

In this workshop you will:

- Learn how buffets, parties, vacation and holiday eating can affect calorie intake
- Leave with strategies to minimize extra calories when eating away from home & during special occasions

**Minding Stress: Effectively Reduce and Manage the Stress in Your Life – Two, 2 ½ hour workshops (Two Consecutive Sessions)**

**Class Information and Objectives**

In this workshop you will:

- Discover the hidden costs of stress; explore what causes you stress and what you can do about it
- Have the opportunity to learn about and experience effective stress-management techniques
- Uncover the world of mindful eating

**[Return to Services Available](#)**

**To register, or for additional information on these services  
please call: 1-877-314-6997**

**CAMROSE, BASHAW, DAYSLAND, KILLAM, FORESBURG & HARDISTY  
Health Education**

**Better Choices, Better Health**

Location	Date	Day	Time
<b>Killam:</b> Child and Family Services Building	April 3, 10, 17, 24 and May 1, 8	Thursdays	9:00 am – 11:30 am

**Craving Change**

Location	Date	Day	Time
<b>Daysland:</b> Health Centre Boardroom	June 2, 9 and 16	Mondays	1:30 pm – 4:00 pm

**Diabetes The Basics**

Location	Date	Day	Time
<b>Camrose:</b> St. Mary's Hospital Multipurpose Room	April 11	Friday	9:30 am – 3:30 pm
	May 16	Friday	9:30 am – 3:30 pm
<b>Camrose:</b> Public Health - Conference Room	June 19	Thursday	9:30 am – 3:30 pm
<b>Daysland:</b> Health Centre Boardroom	June 5	Thursday	9:30 am – 3:30 pm
<b>Killam:</b> Health Care Centre Boardroom	April 2	Wednesday	9:30 am – 3:30 pm
	June 10	Tuesday	9:30 am – 3:30 pm

**Heart Wise**

Location	Date	Day	Time
<b>Daysland:</b> Health Centre – Boardroom	May 21	Wednesday	1:00 pm – 4:00 pm
<b>Bashaw:</b> Neighbourhood Place	May 15	Thursday	9:00 am – 12:00 pm

**Weight Wise**

Location	Date	Day	Time
<b>Daysland:</b> Health Centre – Boardroom			
<a href="#"><u>Getting Started: Planning for Success</u></a>	April 7	Monday	1:30 pm – 4:00 pm
<a href="#"><u>Lifestyle Change: A Tool Kit for Success</u></a>	May 5	Monday	1:30 pm – 4:00 pm

**The Healthy Living Centre – Camrose**

The Healthy Living Centre offers additional services and programs to support individuals towards a healthier lifestyle and those living with specific health concerns. healthy eating, exercise, stress reduction, and smoking cessation are offered. For a complete listing of services and programs available, call the Healthy Living Centre 1-780-608-8683.



**Return to Communities**

**Note:** For all [Diabetes Specialty Care](#) services please click on the link  
To register, or for additional information on these services  
please call: 1-877-314-6997

**DRAYTON VALLEY, BRETON & WINFIELD**

## Health Education

<u>Better Choices, Better Health</u>			
Location	Date	Day	Time
<b>Breton:</b> Breton Health Centre - In-Service Room	May 14, 21, 28 and June 11, 18, 25	Wednesdays	1:00 pm – 3:30 pm
<u>Craving Change</u>			
Location	Date	Day	Time
<b>Drayton Valley:</b> Community Health Centre Meeting Room	May 8, 15 and 22	Thursdays	1:00 pm – 3:30 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Breton:</b> Breton Health Centre - In-Service Room	April 9	Wednesday	9:30 am - 3:30 pm
<b>Drayton Valley:</b> Hospital Pembina Room	April 2	Wednesday	9:30 am - 3:30 pm
	May 7	Wednesday	9:30 am - 3:30 pm
	June 4	Wednesday	9:30 am - 3:30 pm
<b>Winfield:</b> Community Health Centre - Conference Room	June 3	Tuesday	9:30 am - 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Drayton Valley:</b> Hospital – Pembina Room	May 6	Tuesday	9:00 am – 12:00 pm
<u>Weight Wise</u>			
Location	Date	Day	Time
<b>Drayton Valley:</b> Hospital – Pembina Room – unless otherwise noted.			
<a href="#"><u>Getting Started: Planning for Success</u></a>	April 22	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Lifestyle Change: A Tool Kit for Success</u></a>	May 27	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Nutrition: The Top 5 Tips to Reduce Calories</u></a>	April 29	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Managing Hunger and Appetite</u></a> Note location: Community Health Centre Teaching Room	May 13	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Moving Matters: Including Physical Activity in Your Day</u></a>	May 6	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Nutrition: I Know I Should Eat Healthy, But How?</u></a>	April 1	Tuesday	6:00 pm – 8:30 pm
	June 3	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Nutrition: The Truth about What Works in Weight Management</u></a> Note location: Community Health Centre Teaching Room	May 20	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Nutrition: Eating Away From Home and During Special Occasions</u></a>	April 15	Tuesday	6:00 pm – 8:30 pm
	June 24	Tuesday	1:00 pm – 3:30 pm
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</u></a> Note: Part 2 is being held in the Community Health Centre Teaching Room	June 10 and 17	Tuesdays	1:00 pm – 3:30 pm

**Return to Communities**

**Note:** For all **Diabetes Specialty Care** services please click on the link

To register, or for additional information on these services

please call: 1-877-314-6997

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**DRUMHELLER, HANNA, ACME, CARBON, DELIA, THREE HILLS & TROCHU**  
Health Education

<u>Better Choices Better Health</u>			
Location	Date	Day	Time
<b>Hanna:</b> Hanna Learning Centre	May 13, 20, 27 and June 3, 10,17	Tuesdays	9:30 am – 12:00 pm
<b>Trochu:</b> St. Mary's Hospital	March 17, 24, 31 and April 7, 14 and 28	Mondays	1:00 pm - 3:30 pm
<u>Craving Change</u>			
Location	Date	Day	Time
<b>Drumheller:</b> Hospital, Conference room #1	May 21, 28 and June 4	Wednesdays	1:00 pm - 3:30 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Drumheller:</b> Hospital, Conference room #1	May 24	Saturday	9:30 am – 3:30 pm
	June 25	Wednesday	9:30 am – 3:30 pm
<b>Hanna:</b> Hanna Learning Centre	April 23	Wednesday	9:30 am – 3:30 pm
<b>Trochu:</b> St. Mary's Hospital	April 9	Wednesday	9:30 am – 3:30 pm
<u>Lifestyle Module #4 – Making Healthy Lifestyle Changes</u>			
Location	Date	Day	Time
<b>Delia:</b> Delia Drop In Centre	April 15	Tuesday	10:30 am - 12:00 pm

**Return to Communities**

**Note:** For all **Diabetes Specialty Care** services please click on the link  
To register, or for additional information on these services  
please call: 1-877-314-6997

**DRUMHELLER, HANNA, ACME, CARBON, DELIA, THREE HILLS & TROCHU**  
Health Education ...Continued

<u><a href="#">Heart Wise</a></u>			
Location	Date	Day	Time
<b>Drumheller:</b> Hospital, Conference Room #1	May 22	Thursday	9:30 am – 12:30 pm
<b>Hanna:</b> Hanna Learning Centre – Video Conference	May 22	Thursday	9:30 am – 12:30 pm
<u><a href="#">Respiratory Education</a></u>			
Location	Date	Day	Time
<b>Drumheller:</b> Hospital - Videoconference	April 3	Thursday	1:00 pm - 3:30 pm
<u><a href="#">Weight Wise</a></u>			
Location	Date	Day	Time
<b>Drumheller:</b> Hospital, Conference Room #1			
<u><a href="#">Nutrition: I Know I Should Eat Healthy, But How?</a></u>	April 23	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</a></u>	May 7 and 14	Wednesdays	1:00 pm – 3:30 pm
<u><a href="#">Managing Hunger and Appetite</a></u>	April 2	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Moving Matters: Including Physical Activity in Your Day</a></u>	April 9	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Nutrition: The Truth about What Works in Weight Management</a></u>	April 16	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Nutrition: Eating Away From Home and During Special Occasions</a></u>	April 30	Wednesday	1:00 pm – 3:30 pm

**[Return to Communities](#)**

**Note:** For all **[Diabetes Specialty Care](#)** services please click on the link  
To register, or for additional information on these services  
please call: 1-877-314-6997

## LACOMBE, PONOKA, SYLVAN LAKE & ALIX

### Health Education

<u>Better Choices Better Health</u>			
Location	Date	Day	Time
<b>Lacombe:</b> Neighborhood Place	March 19, 26 and April 2, 9, 16, 23	Wednesdays	9:00 am - 11:30 am
<b>Ponoka:</b> Community Health Centre Conference Room	May 12, 26 and June 2, 9, 16, 23	Mondays	1:30 pm – 4:00 pm
<b>Sylvan Lake:</b> Community Health Centre Conference Room	May 5, 12, 26 and June 2, 9 and 16	Mondays	9:00 am - 11:30 am
<u>Craving Change</u>			
Location	Date	Day	Time
<b>Lacombe:</b> Neighborhood Place	May 1, 8 and 22	Thursdays	1:30 pm – 4:00 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Lacombe:</b> Neighborhood Place	June 11	Wednesday	9:00 am - 3:00 pm
<b>Ponoka:</b> Community Health Centre Conference Room	April 25	Friday	9:30 am – 3:30 pm
<b>Sylvan Lake:</b> Community Health Centre Conference Room	June 18	Wednesday	9:00 am - 3:00 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Lacombe:</b> Neighborhood Place	May 14	Wednesday	1:00 pm - 4:00 pm
<b>Ponoka:</b> Hospital Chapel	June 6	Friday	9:00 am – 12:00 pm
<b>Sylvan Lake:</b> Community Health Centre Conference Room	May 16	Friday	9:00 am – 12:00 pm
<u>Respiratory Education</u>			
Location	Date	Day	Time
<b>Sylvan Lake:</b> Community Health Centre – Via Teleconference	April 3	Thursday	1:00 pm - 3:30 pm
<u>Supervised Exercise</u>			
Location	Date	Day	Time
<b>Sylvan Lake:</b> Best Body Fitness Runs 2 times per week for eight weeks	April 22 to June 12	Tuesdays and Thursdays	2:00 pm – 3:30 pm
Week 10 Check In – Best Body Fitness	June 26	Thursday	2:00 pm – 3:30 pm

#### Return to Communities

**Note:** For all Diabetes Specialty Care services please click on the link  
To register, or for additional information on these services  
please call: 1-877-314-6997

**LACOMBE, PONOKA, SYLVAN LAKE & ALIX**

Health Education.... Continued

<u>Weight Wise</u>			
Location	Date	Day	Time
<b>Lacombe:</b> Neighborhood Place			
<a href="#">Managing Hunger and Appetite</a>	April 9	Wednesday	1:00 pm – 3:30 pm
<a href="#">Lifestyle Change: A Tool Kit for Success</a>	June 18	Wednesday	1:00 pm – 3:30 pm
<a href="#">Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</a>	April 23 and May 7	Wednesdays	1:00 pm – 3:30 pm
<a href="#">Nutrition: Eating Away From Home and During Special Occasions</a>	May 21	Wednesday	1:00 pm – 3:30 pm
<a href="#">Nutrition: I Know I Should Eat Healthy, But How?</a>	June 4	Wednesday	1:00 pm – 3:30 pm
<b>Ponoka:</b> Hospital Chapel			
<a href="#">Getting Started: Planning for Success</a>	May 16	Friday	4:00 pm – 6:30 pm
<a href="#">Managing Hunger and Appetite</a>	April 24	Thursday	4:00 pm – 6:30 pm
<a href="#">Lifestyle Change: A Tool Kit for Success</a>	April 3	Thursday	4:00 pm – 6:30 pm
<a href="#">Nutrition: The Top 5 Tips to Reduce Calories</a>	April 10	Thursday	4:00 pm – 6:30 pm
<a href="#">Moving Matters: Including Physical Activity in Your Day</a>	May 15	Thursday	4:00 pm – 6:30 pm
<a href="#">Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</a>	May 22 and 29	Thursdays	4:00 pm – 6:30 pm
<a href="#">Nutrition: The Truth about What Works in Weight Management</a>	April 17	Thursday	4:00 pm – 6:30 pm
<a href="#">Nutrition: Eating Away From Home and During Special Occasions</a>	May 8	Thursday	4:00 pm – 6:30 pm
<a href="#">Nutrition: I Know I Should Eat Healthy, But How?</a>	May 1	Thursday	4:00 pm – 6:30 pm

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## OLDS, INNISFAIL & SUNDRE

### Health Education

<u>Better Choices, Better Health</u>			
Location	Date	Day	Time
<b>Olds:</b> Library and Community Engagement Site	April 17, 24, May 1, 8, 15 and 22	Thursdays	10:00 am – 12:30 pm
<b>Sundre:</b> Elks Hall	June 5, 12, 19, 26, July 3 and 10	Thursdays	10:00 am – 12:30 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Innisfail:</b> Library Learning Centre	April 16	Wednesday	9:30 am - 3:30 pm
	May 21	Wednesday	9:30 am - 3:30 pm
	June 25	Wednesday	9:30 am - 3:30 pm
<b>Olds:</b> Library and Community Engagement Site	April 9	Wednesday	9:30 am - 3:30 pm
	May 7	Wednesday	9:30 am - 3:30 pm
	May 28	Wednesday	9:30 am - 3:30 pm
<b>Sundre:</b> Community Health Centre	May 6	Tuesday	9:30 am - 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Innisfail:</b> Library Learning Centre	April 15	Tuesday	1:00 pm – 4:00 pm
	June 17	Tuesday	1:00 pm – 4:00 pm
<b>Olds:</b> Library and Community Engagement Site	April 23	Wednesday	1:00 pm – 4:00 pm
	June 11	Wednesday	9:00 am – 12:00 pm
<b>Sundre:</b> Community Health Centre	May 13	Tuesday	9:30 am – 12:30 pm
<u>Respiratory Education</u>			
Location	Date	Day	Time
<b>Olds:</b> Library and Community Engagement Site	April 3	Thursday	1:00 pm - 3:30 pm
<u>Supervised Exercise</u>			
Location	Date	Day	Time
<b>Olds:</b> Library and Community Engagement Site Runs 2 times per week for eight weeks	April 21 to June 11	Mondays & Wednesdays	10:00 am – 11:30 am Or 1:00 pm – 2:30 pm
Week 10 Check In: Library and Community Engagement Site	June 25	Wednesday	10:00 am – 11:30 am Or 1:00 pm – 2:30 pm

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**OLDS, INNISFAIL & SUNDRE**  
Health Education ...Continued

<u><a href="#">Weight Wise</a></u>			
Location	Date	Day	Time
<b>Innisfail:</b> Library Learning Centre			
<u><a href="#">Moving Matters: Including Physical Activity in Your Day</a></u>	April 14	Monday	1:00 pm – 3:30 pm
<u><a href="#">Nutrition: I Know I Should Eat Healthy, But How?</a></u>	April 28	Monday	1:00 pm – 3:30 pm
<u><a href="#">Lifestyle Change: A Tool Kit for Success</a></u>	May 12	Monday	1:00 pm – 3:30 pm
<u><a href="#">Managing Hunger and Appetite</a></u>	May 26	Monday	1:00 pm – 3:30 pm
<u><a href="#">Nutrition: Eating Away From Home and During Special Occasions</a></u>	June 9	Monday	1:00 pm – 3:30 pm
<b>Olds:</b> Ralph Klein Centre – Alberta Works Boardroom			
<u><a href="#">Moving Matters: Including Physical Activity in Your Day</a></u>	April 2	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Nutrition: Eating Away From Home and During Special Occasions</a></u>	April 16	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</a></u>	April 30 and May 14	Wednesdays	1:00 pm – 3:30 pm
<u><a href="#">Nutrition: I Know I Should Eat Healthy, But How?</a></u>	May 28	Wednesday	1:00 pm – 3:30 pm
<u><a href="#">Lifestyle Change: A Tool Kit for Success</a></u>	June 11	Wednesday	1:00 pm – 3:30 pm

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**RED DEER**  
Health Education

**Better Choices, Better Health**

Location	Date	Day	Time
Bethany Collegeseide	April 30, May 7, 14, 21, 28 and June 4	Wednesdays	5:30 pm – 8:00 pm

**Craving Change**

Location	Date	Day	Time
Bethany Collegeseide	May 6, 20 and 27	Tuesdays	1:00 pm – 3:30 pm
	June 5, 12 and 26	Thursdays	5:30 pm – 8:00 pm

**Diabetes The Basics**

Location	Date	Day	Time
Bethany Collegeseide	April 3	Thursday	9:00 am - 3:00 pm
	April 12	Saturday	9:00 am - 3:00 pm
	April 17	Thursday	9:00 am - 3:00 pm
	April 24	Thursday	9:00 am - 3:00 pm
	May 1	Thursday	9:00 am - 3:00 pm
	May 10	Saturday	9:00 am - 3:00 pm
	May 15	Thursday	9:00 am - 3:00 pm
	May 22	Thursday	9:00 am - 3:00 pm
	May 29	Thursday	9:00 am - 3:00 pm
	June 3	Tuesday	9:00 am - 3:00 pm
	June 14	Saturday	9:00 am - 3:00 pm
	June 19	Thursday	9:00 am - 3:00 pm
June 26	Thursday	9:00 am - 3:00 pm	

**Heart Wise**

Location	Date	Day	Time
Bethany Collegeseide	April 11	Friday	9:00 am - 12:00 pm
	April 25	Friday	9:00 am - 12:00 pm
	May 9	Friday	9:00 am - 12:00 pm
	May 23	Friday	9:00 am - 12:00 pm
	June 13	Friday	9:00 am - 12:00 pm
	June 27	Friday	9:00 am - 12:00 pm

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**RED DEER**

## Health Education ...Continued

<u>Respiratory Education</u>			
Location	Date	Day	Time
Johnstone Crossing and Bremner Community Health Centre - Videoconference	April 3	Thursday	1:00 pm - 3:30 pm
Bethany Collegese Education Room	June 17	Tuesday	1:00 pm - 3:30 pm
<u>Supervised Exercise</u>			
Location	Date	Day	Time
Runs 2 times per week for eight weeks Locations: Bethany Collegese	April 21 to June 11	Mondays & Wednesdays	11:00 am - 12:30 pm OR 3:00 pm - 4:30 pm OR 5:00 pm - 6:30 pm
	April 22 to June 12	Tuesdays & Thursdays	9:00 am - 10:30 am OR 1:00 pm - 2:30 pm
Week 10 Check In - Bethany Collegese	June 26	Thursday	9:00 am - 10:30 am OR 11:00 am - 12:30 pm OR 1:00 pm - 2:30 pm OR 3:00 pm - 4:30 pm OR 5:00 pm - 6:30 pm

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**RED DEER**

## Health Education ...Continued

<b>Weight Wise</b>			
<b>Location:</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
<b>Bethany Collegeseide – Education Room or Johnstone Crossing Community Health Centre - Room 102/103 as indicated</b>			
<a href="#"><u>Getting Started: Planning for Success</u></a>	<b>April 1</b> Johnstone Crossing Community Health Centre Room 102/103	<b>Tuesday</b>	<b>5:30 pm – 8:00 pm</b>
	<b>May 12</b> Bethany Collegeseide – Education Room	<b>Monday</b>	<b>1:00 pm - 3:30 pm</b>
	<b>June 17</b> Johnstone Crossing Community Health Centre Room 102/103	<b>Tuesday</b>	<b>5:30 pm – 8:00 pm</b>
	<b>June 30</b> Bethany Collegeseide – Education Room	<b>Monday</b>	<b>1:00 pm - 3:30 pm</b>
<a href="#"><u>Lifestyle Change: A Tool Kit for Success</u></a>	<b>April 15</b> Johnstone Crossing Community Health Centre Room 102/103	<b>Tuesday</b>	<b>5:30 pm – 8:00 pm</b>
	<b>April 28</b> Bethany Collegeseide – Education Room	<b>Monday</b>	<b>1:00 pm - 3:30 pm</b>
	<b>June 10</b> Johnstone Crossing Community Health Centre Room 102/103	<b>Tuesday</b>	<b>5:30 pm – 8:00 pm</b>
<a href="#"><u>Nutrition: The Top 5 Tips to Reduce Calories</u></a>	<b>April 14</b> Bethany Collegeseide – Education Room	<b>Monday</b>	<b>1:00 pm - 3:30 pm</b>
	<b>April 29</b> Johnstone Crossing Community Health Centre Room 102/103	<b>Tuesday</b>	<b>5:30 pm – 8:00 pm</b>
<a href="#"><u>Managing Hunger and Appetite</u></a>	<b>May 5</b> Bethany Collegeseide – Education Room	<b>Monday</b>	<b>1:00 pm - 3:30 pm</b>
	<b>June 24</b> Johnstone Crossing Community Health Centre Rooms 102/103	<b>Tuesday</b>	<b>5:30 pm – 8:00 pm</b>

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**RED DEER**

## Health Education ...Continued

<b>Weight Wise .... continued</b>			
<b>Location:</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
Bethany Collegeseide – Education Room or Johnstone Crossing Community Health Centre - Room 102/103 as indicated			
<a href="#"><u>Nutrition: The Truth about What Works in Weight Management</u></a>	April 7 Bethany Collegeseide – Education Room	Monday	1:00 pm - 3:30 pm
	April 22 Johnstone Crossing Community Health Centre Rooms 102/103	Tuesday	5:30 pm – 8:00 pm
<a href="#"><u>Moving Matters: Including Physical Activity in Your Day</u></a>	May 6 Johnstone Crossing Community Health Centre Rooms 102/103	Tuesday	5:30 pm – 8:00 pm
	June 23 Bethany Collegeseide – Education Room	Monday	1:00 pm - 3:30 pm
<a href="#"><u>Nutrition: I Know I Should Eat Healthy, But How?</u></a>	May 13 Johnstone Crossing Community Health Centre Rooms 102/103	Tuesday	5:30 pm – 8:00 pm
	May 26 Bethany Collegeseide – Education Room	Monday	1:00 pm - 3:30 pm
<a href="#"><u>Nutrition: Eating Away From Home and During Special Occasions</u></a>	April 8 Johnstone Crossing Community Health Centre Rooms 102/103	Tuesday	5:30 pm – 8:00 pm
	April 21 Bethany Collegeseide – Education Room	Monday	1:00 pm - 3:30 pm
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Part 1 &amp; 2)</u></a>	May 20 and 27 Johnstone Crossing Community Health Centre Rooms 102/103	Tuesdays	5:30 pm – 8:00 pm
	June 9 and 16 Bethany Collegeseide – Education Room	Mondays	1:00 pm - 3:30 pm

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**ROCKY MOUNTAIN HOUSE, CAROLINE, ECKVILLE & RIMBEY**  
Health Education

<u>Craving Change</u>			
Location	Date	Day	Time
<b>Eckville:</b> Community Health Centre	May 15, 29 and June 12	Thursdays	5:30 pm - 8:00 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Rimbey:</b> Community Health Centre	May 14	Wednesday	9:30 am - 3:30 pm
<b>Rocky Mountain House:</b> Hospital Auditorium	April 26	Saturday	9:30 am - 3:30 pm
	May 7	Wednesday	9:30 am - 3:30 pm
	June 4	Wednesday	9:30 am - 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Caroline:</b> Seniors Centre	May 28	Wednesday	9:00 am - 12:00 pm
<b>Eckville:</b> Community Health Centre	June 25	Wednesday	9:00 am - 12:00 pm
<b>Rimbey:</b> Hospital Conference Room	April 9	Wednesday	9:00 am - 12:00 pm
	June 11	Wednesday	9:00 am - 12:00 pm
<b>Rocky Mountain House:</b> Hospital Auditorium	April 16	Wednesday	1:00 pm – 4:00pm
	May 21	Wednesday	1:00 pm – 4:00pm
	June 18	Wednesday	1:00 pm – 4:00pm
<u>Supervised Exercise</u>			
Location	Date	Day	Time
<b>Rocky Mountain House:</b> Genesis Gym Runs 2 times per week for eight weeks Note: Day 1 is a Thursday, regular rotation is Mon & Fri	May 8 to June 27	Mondays & Fridays	9:00 am – 10:30 am
Week 10 Check In: Genesis Gym	July 7	Wednesday	9:00 am – 10:30 am
<u>Weight Wise</u>			
<b>Rocky Mountain House:</b> Hospital Auditorium			
<u><a href="#">Nutrition: I Know I Should Eat Healthy, But How?</a></u>	April 15	Tuesday	5:30 pm – 8:00 pm
<u><a href="#">Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</a></u>	April 29 and May 13	Tuesdays	5:30 pm – 8:00 pm
<u><a href="#">Lifestyle Change: A Tool Kit for Success</a></u>	June 10	Tuesday	5:30 pm – 8:00 pm
<u><a href="#">Managing Hunger and Appetite</a></u>	April 1	Tuesday	5:30 pm – 8:00 pm
<u><a href="#">Nutrition: Eating Away From Home and During Special Occasions</a></u>	May 27	Tuesday	5:30 pm – 8:00 pm

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**STETTLER, ALLIANCE, BIG COUNTRY, CASTOR, CORONATION & CONSORT**  
Health Education

<u>Better Choices, Better Health:</u>			
Location	Date	Day	Time
<b>Big Country:</b> Drop in Centre	April 9, 16, 23, 30 and May 7, 14	Wednesdays	TBA
<u>Craving Change</u>			
Location	Date	Day	Time
<b>Alliance:</b> Fun for All Centre	April 15, 22 and 29	Tuesdays	9:30 am - 12:00 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Castor:</b> Hospital Board Room	May 29	Thursday	9:30 am – 3:30 pm
<b>Stettler:</b> Hospital Conference Room #1	May 6	Tuesday	9:30 am – 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Big Country:</b> Drop in Centre	April 8	Tuesday	1:00 pm - 4:00 pm
<b>Stettler:</b> Hospital Conference Room #1	April 8	Tuesday	9:00 am - 12:00 pm
<u>Respiratory Education</u>			
Location	Date	Day	Time
<b>Stettler:</b> Community Health Centre - Videoconference	April 3	Thursday	1:00 pm - 3:30 pm
<u>Weight Wise</u>			
Location	Date	Day	Time
<b>Stettler:</b> Hospital Conference Room #1			
<a href="#"><u>Lifestyle Change: A Tool Kit for Success</u></a>	April 10	Thursday	12:30 pm – 3:00 pm
<a href="#"><u>Nutrition: The Truth about What Works in Weight Management</u></a>	April 24	Thursday	12:30 pm – 3:00 pm
<a href="#"><u>Nutrition: I Know I Should Eat Healthy, But How?</u></a>	May 8	Thursday	12:30 pm – 3:00 pm
<a href="#"><u>Nutrition: Eating Away From Home and During Special Occasions</u></a>	May 22	Thursday	12:30 pm – 3:00 pm
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</u></a>	June 19 and 26	Thursdays	12:30 pm – 3:00 pm
<a href="#"><u>Managing Hunger and Appetite</u></a>	June 5	Thursday	12:30 pm – 3:00 pm

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**VEGREVILLE, VIKING, TOFIELD, TWO HILLS & LAMONT**  
Health Education

<u>Better Choices, Better Health:</u>			
Location	Date	Day	Time
<b>Lamont:</b> Health Care Centre	April 9, 16, 23, 30 and May 7, 14	Wednesdays	1:30 pm - 4:00 pm
<u>Craving Change</u>			
Location	Date	Day	Time
<b>Tofield:</b> Health Centre	April 1, 15 and 29	Tuesdays	1:30 pm - 4:00 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Vegreville:</b> Vegreville Community Health Centre	June 23	Monday	9:30 am - 3:30 pm
<b>Viking:</b> Viking Community Health Centre	April 10	Thursday	9:30 am - 3:30 pm
	June 12	Thursday	9:30 am - 3:30 pm
<b>Tofield:</b> Health Centre	May 28	Wednesday	9:30 am - 3:30 pm
<b>Two Hills:</b> Health Centre	April 22	Tuesday	9:30 am - 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Two Hills:</b> Health Centre	June 17	Tuesday	1:00 pm - 4:00 pm
<b>Tofield:</b> Health Centre	May 13	Tuesday	1:00 pm - 4:00 pm
<u>Supervised Exercise Sessions</u>			
Location	Date	Day	Time
<b>Vegreville:</b> Vegreville Aquatic and Fitness Centre Runs two times per week	April 22 to June 12	Tuesdays & Thursdays	1:30 pm – 3:00 pm
Week 10 Check In – Vegreville Aquatic and Fitness Centre	June 26	Thursday	1:30 pm – 3:00 pm

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**VEGREVILLE, VIKING, TOFIELD, TWO HILLS & LAMONT**
**Health Education ...Continued**

<u>Weight Wise</u>			
Location	Date	Day	Time
<b>Tofield:</b> Tofield Health Centre			
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Part 1 &amp; 2)</u></a>	June 10 and 24	Tuesdays	1:30 pm – 4:00 pm
<a href="#"><u>Nutrition: Eating Away From Home and During Special Occasions</u></a>	May 27	Tuesday	1:30 pm - 4:00 pm
<b>Two Hills:</b> Health Centre			
<a href="#"><u>Nutrition: I Know I Should Eat Healthy, But How?</u></a>	April 8	Tuesday	1:30 pm - 4:00 pm
<a href="#"><u>Nutrition: Eating Away From Home and During Special Occasions</u></a>	May 6	Tuesday	1:30 pm - 4:00 pm
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Part 1 &amp; 2)</u></a>	May 20 and June 3	Tuesdays	1:30 pm – 4:00 pm
<u>Weight Wise</u>			
Location	Date	Day	Time
<b>Vegreville:</b> Vegreville Community Health Centre			
<a href="#"><u>Getting Started: Planning for Success</u></a>	April 14	Monday	1:30 pm – 4:00 pm
<a href="#"><u>Lifestyle Change: A Tool Kit for Success</u></a>	April 28	Monday	1:30 pm – 4:00 pm
<a href="#"><u>Moving Matters: Including Physical Activity in Your Day</u></a>	June 9	Monday	1:30 pm – 4:00 pm
<a href="#"><u>Nutrition: I Know I Should Eat Healthy, But How?</u></a>	June 2	Monday	1:30 pm – 4:00 pm
<a href="#"><u>Nutrition: The Truth about What Works in Weight Management</u></a>	May 5	Monday	1:30 pm – 4:00 pm
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Part 1 &amp; 2)</u></a>	May 12 and 26	Mondays	1:30 pm – 4:00 pm
<a href="#"><u>Nutrition: Top 5 Tips To Reduce Calories</u></a>	April 7	Monday	1:30 pm – 4:00 pm
<b>Viking:</b> Community Health Centre			
<a href="#"><u>Nutrition: The Top 5 Tips to Reduce Calories</u></a>	April 17	Thursday	1:30 pm – 4:00 pm
<a href="#"><u>Nutrition: The Truth about What Works in Weight Management</u></a>	May 29	Thursday	1:30 pm – 4:00 pm
<a href="#"><u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Part 1 &amp; 2)</u></a>	May 1 and 15	Thursdays	1:30 pm – 4:00 pm
<a href="#"><u>Moving Matters: Including Physical Activity in Your Day</u></a>	April 3	Thursday	1:30 pm – 4:00 pm

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**VERMILION, PROVOST & WAINWRIGHT - Health Education**

<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Vermilion:</b> Prairie Place 2 <sup>nd</sup> Floor Conference Room	June 11	Wednesday	9:30 am - 3:30 pm
<b>Wainwright:</b> Primary Care Network Office	April 29	Tuesday	9:30 am - 3:30 pm
	June 19	Thursday	9:30 am - 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Vermilion:</b> Prairie Place 2 <sup>nd</sup> Floor Conference Room	April 2	Wednesday	1:00 pm - 4:00 pm
<u>Weight Wise</u>			
Location	Date	Day	Time
<b>Vermilion:</b> Prairie Place			
<u>Getting Started: Planning for Success</u>	April 8	Tuesday	9:30 am – 12:00 pm
	April 17	Thursday	6:00 pm – 8:30 pm
<u>Lifestyle Change: A Tool Kit for Success</u>	April 22	Tuesday	9:30 am – 12:00 pm
	May 1	Thursday	6:00 pm – 8:30 pm
<u>Nutrition: The Top 5 Tips to Reduce Calories</u>	April 10	Thursday	6:00 pm – 8:30 pm
	April 14	Monday	9:30 am – 12:00 pm
<u>Managing Hunger and Appetite</u>	May 5	Monday	9:30 am – 12:00 pm
	June 19	Thursday	6:00 pm – 8:30 pm
<u>Moving Matters: Including Physical Activity in Your Day</u>	May 20	Tuesday	9:30 am – 12:00 pm
	May 29	Thursday	6:00 pm – 8:30 pm
<u>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Parts 1 and 2)</u>	June 3 and 10	Tuesdays	9:30 am – 12:00 pm
	June 5 and 12	Thursdays	6:00 pm – 8:30 pm
<u>Nutrition: I Know I Should Eat Healthy, But How?</u>	May 8	Thursday	6:00 pm – 8:30 pm
	May 12	Monday	9:30 am – 12:00 pm
<u>Nutrition: Eating Away From Home and During Special Occasions</u>	May 22	Thursday	6:00 pm – 8:30 pm
	May 26	Monday	9:30 am – 12:00 pm
<u>Nutrition: The Truth about What Works in Weight Management</u>	April 24	Thursday	6:00 pm – 8:30 pm
	April 28	Monday	9:30 am – 12:00 pm

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please call: 1-877-314-6997

**WETASKIWIN**  
Health Education

<u>Better Choices, Better Health:</u>			
Location	Date	Day	Time
<b>Wetaskiwin:</b> Good Shepherd Level 1 Meeting Room	March 17, 24, 31 and April 7. 14 and 21	Mondays	1:00 pm – 3:30 pm
<u>Diabetes The Basics</u>			
Location	Date	Day	Time
<b>Wetaskiwin:</b> Community Health Centre - Dorothy French Room	April 10	Thursday	9:30 am - 3:30 pm
	May 5	Monday	9:30 am - 3:30 pm
	June 12	Thursday	9:30 am - 3:30 pm
<u>Heart Wise</u>			
Location	Date	Day	Time
<b>Wetaskiwin:</b> Hospital Education Room	May 30	Friday	9:00 am - 12:00 pm
<u>Respiratory Education</u>			
Location	Date	Day	Time
<b>Wetaskiwin:</b> Hospital Education Room – Video Conference	April 3	Thursday	1:00 pm - 3:30 pm
<u>Supervised Exercise Sessions</u>			
Location	Date	Day	Time
<b>Wetaskiwin:</b> Snap Fitness Runs two times per week	April 22 to June 12	Tuesdays & Thursdays	10:00 am – 11:30 am
Week 10 Check In – Snap Fitness	June 26	Thursday	10:00 am – 11:30 am

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## **Diabetes Specialty Care Service Information**

**To Register, or for more information, please call: 1-877-314-6997**

Diabetes Specialty Care is Available in Specific Communities Only

### Blood Glucose Monitoring – Continuous Glucose Monitoring System (CGMS)

#### **Appointment Information and Objectives**

In the first appointment you will learn:

- Instruction on chosen CGMS device
- Insertion of sensor and connection of transmitter
- Individual assessment with registered nurse

In the second appointment you will learn:

- Disconnect and download a device
- Review of data recovered from device
- Recommendations for management options

#### **Who is the appointment for?**

- ✓ Anyone with diabetes who is having difficulty adjusting their medications for optimal blood glucose control
- ✓ Anyone who wants to rule out night time hypoglycemia (low blood sugars), or anyone who is at risk for hypoglycemia
- ✓ A sensor will need to be purchased from your pharmacy prior to the appointment

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

### Diabetes - Individual Care Appointments

#### **Appointment information:**

Information and care as needed for but not limited to:

- Managing diabetes with Kidney (nephropathy) concerns
- Managing diabetes in or prior to pregnancy
- Managing diabetes with insulin pumps
- Managing diabetes with other conditions (celiac disease & gastroparesis etc)
- Insulin management for travel and surgical procedures
- Managing hypoglycemia with or without diabetes

#### **Who are these appointments for?**

- ✓ Any **child or adult** with diabetes who requires further care beyond the group sessions and/or in addition to the care available through their family physician

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

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**To register, or for additional information on these services  
please call: 1-877-314-6997**

**Diabetes Specialty Care - Service Information ... Continued**

**Eating Well with Diabetes: Ask a Dietitian**

One, 2 hour session with drop in available (please register at the front desk if dropping in)

**Class Information and Objectives**

Did you see something about nutrition in the news or in a magazine that you wanted the latest research about? This session will give you the opportunity to discuss these topics with a Registered Dietitian.

The content of this session will be based on the participants' questions, but some topics may include:

- Are artificial sweeteners safe with diabetes?
- Do I need to take supplements with diabetes?
- Can I control my diabetes with the foods I eat?

Who is the class for?

- ✓ For adults with diabetes who have questions about nutrition
- ✓ This session is offered every month; participants may attend as often as desired
- ✓ Participants will benefit from attending other classes that offer nutrition education such as: Diabetes the Basics, Heart Wise – Managing Cholesterol and Blood Pressure, Eating Well with Diabetes: Carb Smart and Dishing up for Diabetes

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

**Eating Well with Diabetes: Carb Smart**

One, 2 hour session

**Class Information and Objectives**

Are you confused about carbohydrates? This session can help you become more carb smart and discusses:

- How many carbs should someone eat in the day?
- The Five Reasons Fiber is your Friend
- What is the Glycemic Index?
- How to read Nutrition Facts labels

Who is the class for?

- ✓ For adults with pre-diabetes, Type 1 or Type 2 diabetes
- ✓ Participants will benefit from attending Eating Well with Diabetes: Dishing up for Diabetes

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

**Eating Well with Diabetes: Dishing up for Diabetes**

One, 2 hour session

**Class Information and Objectives**

Healthy foods can taste great too! Come prepare and enjoy eating a healthy recipe with a Registered Dietitian and other group members. Transform your plate to balance your meals for better diabetes control, and share your meal preparation experiences, ideas and tips for healthy eating with others.

This class will also discuss:

- The impact of fat and protein in foods on diabetes
- How do we define healthy eating?
- What are the barriers to healthy eating, and what motivates us to choose healthy foods?

Who is the class for?

- ✓ For adults with pre-diabetes, Type 1 or Type 2 diabetes
- ✓ Participants will benefit from attending Eating Well with Diabetes: Carb Smart

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

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**To register, or for additional information on these services  
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## Diabetes Specialty Care - Service Information ... Continued

### Insulin & Food Management for Type 1 Diabetes

One, 2 ½ hour session

#### Class Information and Objectives

In this session you will learn:

- Insulin assessment related to:
  - Why do I need to take insulin?
  - Insulin action, onset, peak and duration
  - Injection technique, site rotation, insulin storage & sharps disposal
- A1C & daily blood glucose targets
- Rules for safe insulin adjustment & management
- Nutrition & carbohydrate counting
- Hypoglycemia - Prevention, signs, symptoms & treatment

#### Who is the class for?

- ✓ For adults with Type 1 Diabetes
- ✓ Bring a three day food record to this class along with your logbook

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

### Insulin & Physical Activity for Type 1 Diabetes

One, 2 ½ hour session

#### Class Information and Objectives

In this session you will learn:

- Balancing insulin and physical activity
- Nutrition for physical activity
- Hydration and sports drinks
- Blood glucose monitoring and physical activity
- Setting up a plan for managing physical activity

#### Who is the class for?

- ✓ Anyone with Type 1 Diabetes who is physically active

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

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**To register, or for additional information on these services  
please call: 1-877-314-6997**

**Diabetes Specialty Care - Service Information ... Continued**

**Insulin Care: How to Manage Insulin with Type 2 Diabetes**

One, 2 ½ hour session

**Class Information and Objectives**

In this session you will learn:

- Insulin injection techniques
- Insulin types and action times
- Target blood sugars
- Treatment of low blood sugars
- How to make SAFE insulin adjustments

**Who is the class for?**

- ✓ Anyone with Type 2 diabetes who is taking insulin or planning to start on insulin
- ✓ Bring a list of your current medications and a copy of your logbook to this class

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

**Insulin Care: Additional Skills to Manage Insulin with Type 2 Diabetes**

One, 2 ½ hour session

**Class Information and Objectives**

In this session you will learn:

- Insulin adjustment strategies
- How to apply insulin adjustments strategies using case studies
- How to assess your logbook
- Develop a plan for daily insulin management

**Who is the class for?**

- ✓ Anyone with Type 2 diabetes who is taking insulin or planning to start taking mealtime insulin
- ✓ Bring a list of your current medications and a copy of your logbook to this class

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

**Insulin & Food: How Food Affects Blood Sugars When using Insulin with Type 2 Diabetes**

One, 2 hour session

**Class Information and Objectives**

In this session you will learn:

- The benefits of healthy eating when taking insulin
- The impact of food, exercise and medication on blood sugars
- Which foods affect blood sugars
- Healthy amounts of foods to choose for the most benefit
- How alcohol affects your blood sugars when taking insulin

**Who is the class for?**

- ✓ Anyone with Type 2 diabetes who is taking insulin

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

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**Diabetes Specialty Care - Service Information ... Continued**

**Insulin & Food: Counting Carbohydrates and Finding Blood Sugar Patterns When Using Insulin with Type 2 Diabetes**

One, 2 ½ hour session

**Class Information and Objectives**

In this session you will learn:

- About carbohydrate containing foods and their impact on blood sugars
- How to count carbohydrates
- How many carbohydrates to choose at meals and snacks
- Learn how to look at your logbook to determine how food is affecting your blood sugar control and what to do about it

**Who is the class for?**

- ✓ Anyone with Type 2 diabetes who is taking or planning to start taking mealtime insulin
- ✓ Bring a three day food record to this class along with your logbook

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

**Pregnancy Care for Diabetes**

One, 2 hour session

**Class Information and Objectives**

In this session you will learn:

- Blood Glucose monitoring and targets
- Ketone Monitoring and targets
- Healthy eating for pregnancy and to manage blood sugars
- Benefits of physical activity during pregnancy
- If insulin is needed during pregnancy (if not already taking insulin)

**Who is the class for?**

- ✓ Women with pre-diabetes or diabetes who are planning a pregnancy or who are pregnant
- ✓ Women with gestational diabetes

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

**Pumping Insulin: Information About Insulin Pumps**

One, 2 hour session

**Class Information and Objectives**

In this session you will learn about:

- The types of insulin pumps available in Canada
- Insulin pump buttons and features
- Who can pump insulin
- Whether you are ready to pump insulin
- Myths about insulin pump therapy
- Insulin pump insertion
- The need for carbohydrate counting for successful pumping
- Pre-pump and pump start expectations

**Who is the class for?**

- ✓ Anyone who uses insulin to manage his or her diabetes and is considering using insulin pump therapy

**Note:** Available in specific communities only.  
Please call 1-877-314-6997 to register

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**Diabetes Specialty Care - Service Information ... Continued**

**Pumping Insulin: Insulin Pump Start Appointments**

**Appointment Information and Objectives**

In these appointments you will learn about:

- Ketone management with insulin pump
- Insulin pump buttons and features
- Getting ready to pump & insertion of insulin pump set
- Logbook management for blood sugar, food and insulin dosing
- Pump software expectations
- Carbohydrate counting for successful pumping
- Saline trial and go-live for insulin pumping

**Who are these appointments for?**

- ✓ Anyone who is starting on an insulin pump
- ✓ Anyone who uses an insulin pump and requires an update on insulin pump therapy

**Pre-Pump Start Expectations must be met prior to pump start**

**Note: Available in specific communities only.  
Please call 1-877-314-6997 to register**

**Pumping Insulin: How to use Your Pump to its Fullest Potential**

*One, 2 hour session*

**Class Information and Objectives**

Topics will vary at each session, topics may include but are not limited to:

- How to use your pump to its fullest potential
- Basal & Bolus testing
- Advanced bolus features
- Alternate basal profiles
- How to interpret Continuous Glucose Monitoring data
- Checking ISF (Insulin Sensitivity Factors)
- Pump Holidays
- Preventing DKA

**Who is the class for?**

- ✓ Anyone who uses an insulin pump and requires an update on insulin pump therapy
- ✓ Anyone who needs to learn more about extended pump features

**Note: Available in specific communities only.  
Please call 1-877-314-6997 to register**

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### Diabetes Specialty Care

<u><a href="#">Eating Well with Diabetes: Ask a Dietitian</a></u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	22 April	Tuesday	9:00 am - 11:00 am
	27 May	Tuesday	5:30 pm - 7:30 pm
	24 June	Tuesday	9:00 am - 11:00 am
<u><a href="#">Eating Well with Diabetes: Carb Smart</a></u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	10 April	Thursday	5:30 pm - 7:30 pm
	28 April	Monday	9:00 am - 11:00 am
	8 May	Thursday	5:30 pm - 7:30 pm
	26 May	Monday	9:00 am - 11:00 am
	12 June	Thursday	5:30 pm - 7:30 pm
	23 June	Monday	9:00 am - 11:00 am
<b>Drayton Valley:</b> via video conference Community Health Centre - Classroom	28 April	Monday	9:00 am - 11:00 am
	26 May	Monday	9:00 am - 11:00 am
	23 June	Monday	9:00 am - 11:00 am
<b>Rocky Mountain House:</b> via video conference Health Centre – Resource Room	28 April	Monday	9:00 am - 11:00 am
	26 May	Monday	9:00 am - 11:00 am
	23 June	Monday	9:00 am - 11:00 am
<b>Vegreville:</b> via video conference St. Joseph's General Hospital – Telehealth Room	28 April	Monday	9:00 am - 11:00 am
	23 June	Monday	9:00 am - 11:00 am
<b>Vermilion:</b> via video conference Community Health Centre -	26 May	Monday	9:00 am - 11:00 am
<b>Wetaskiwin:</b> via video conference Community Health Centre – Room 36	28 April	Monday	9:00 am - 11:00 am
	26 May	Monday	9:00 am - 11:00 am
	23 June	Monday	9:00 am - 11:00 am

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**To register, or for additional information on these services  
please call: 1-877-314-6997**

Diabetes Specialty Care ...Continued

<u><a href="#">Eating Well with Diabetes: Dishing Up for Diabetes</a></u>			
Location	Date	Day	Time
<b>Red Deer:</b> Johnstone Crossing Community Health Centre 300 Jordan Parkway	16 April	Wednesday	1:00 pm - 3:00 pm
	15 May	Thursday	2:00 pm - 4:00 pm
	18 June	Wednesday	1:00 pm - 3:00 pm
<u><a href="#">Insulin &amp; Food Management for Type 1 Diabetes</a></u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	1 April	Tuesday	5:00 pm - 7:30 pm
	17 April	Thursday	12:30 pm - 3:00 pm
	6 May	Tuesday	5:00 pm - 7:30 pm
	15 May	Thursday	12:30 pm - 3:00 pm
	3 June	Tuesday	5:00 pm - 7:30 pm
	19 June	Thursday	12:30 pm - 3:00 pm
	30 June	Monday	9:00 am – 11:30 am

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please call: 1-877-314-6997**

Diabetes Specialty Care ...Continued

<u>Insulin &amp; Physical Activity for Type 1 Diabetes</u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	2 April	Wednesday	5:00 pm - 7:30 pm
	21 April	Monday	12:30 pm - 3:00 pm
	7 May	Wednesday	5:00 pm - 7:30 pm
	4 June	Wednesday	5:00 pm - 7:30 pm
	16 June	Monday	12:30 pm - 3:00 pm
<u>Insulin Care: How to Manage Insulin with Type 2 Diabetes</u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	1 April	Tuesday	12:30 pm - 3:00 pm
	10 April	Thursday	8:00 am - 10:30 am
	15 April	Tuesday	12:30 pm - 3:00 pm
	23 April	Wednesday	5:00 pm - 7:30 pm
	29 April	Tuesday	12:30 pm - 3:00 pm
	6 May	Tuesday	12:30 pm - 3:00 pm
	14 May	Wednesday	5:00 pm - 7:30 pm
	20 May	Tuesday	12:30 pm - 3:00 pm
	28 May	Wednesday	5:00 pm - 7:30 pm
	3 June	Tuesday	12:30 pm - 3:00 pm
	12 June	Thursday	8:00 am - 10:30 am
	17 June	Tuesday	12:30 pm - 3:00 pm
	25 June	Wednesday	5:00 pm - 7:30 pm
Location	Date	Day	Time
<b>Drayton Valley:</b> Hospital – Pembina Room	10 April	Thursday	9:00 am - 11:30 am
	24 April	Thursday	9:00 am - 11:30 am
	8 May	Thursday	9:00 am - 11:30 am
	22 May	Thursday	9:00 am - 11:30 am
	12 June	Thursday	9:00 am - 11:30 am
	26 June	Thursday	9:00 am - 11:30 am

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please call: 1-877-314-6997**

Diabetes Specialty Care ...Continued

<u>Insulin Care: Additional Skills to Manage Insulin with Type 2 Diabetes</u>			
Location	Date	Day	Time
<b>Drayton Valley:</b> Hospital – Pembina Room	10 April	Thursday	1:30 pm - 4:00 pm
	24 April	Thursday	1:30 pm - 4:00 pm
	8 May	Thursday	1:30 pm - 4:00 pm
	22 May	Thursday	1:30 pm - 4:00 pm
	12 June	Thursday	1:30 pm - 4:00 pm
	26 June	Thursday	1:30 pm - 4:00 pm
<u>Insulin &amp; Food: How Food Affects Blood Sugars When Using Insulin with Type 2 Diabetes</u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	9 April	Wednesday	5:30 pm - 7:30 pm
	24 April	Thursday	9:00 am - 11:00 am
	5 May	Monday	1:00 pm - 3:00 pm
	14 May	Wednesday	5:30 pm - 7:30 pm
	22 May	Thursday	9:00 am - 11:00 am
	11 June	Wednesday	5:30 pm - 7:30 pm
	26 June	Thursday	9:00 am - 11:00 am

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**To register, or for additional information on these services  
please call: 1-877-314-6997**

Diabetes Specialty Care ...Continued

<u>Pregnancy Care for Diabetes</u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	1 April	Tuesday	9:00 am - 11:00 am
	10 April	Thursday	1:00 pm - 3:00 pm
	15 April	Tuesday	5:30 pm - 7:30 pm
	24 April	Thursday	1:00 pm - 3:00 pm
	29 April	Tuesday	9:00 am - 11:00 am
	8 May	Thursday	1:00 pm - 3:00 pm
	15 May	Thursday	9:00 am - 11:00 am
	20 May	Tuesday	5:30 pm - 7:30 pm
	27 May	Tuesday	1:00 pm - 3:00 pm
	3 June	Tuesday	9:00 am - 11:00 am
	12 June	Thursday	1:00 pm - 3:00 pm
	17 June	Tuesday	5:30 pm - 7:30 pm
	26 June	Thursday	1:00 pm - 3:00 pm
Location	Date	Day	Time
<b>Wetaskiwin:</b>  Community Health Centre & Primary Care Networks Office To register, or For Additional Information on These Appointments Please Call: 1-877-314-6997			

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Diabetes Specialty Care ...Continued

<u><a href="#">Pumping Insulin: Information About Insulin Pumps</a></u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	17 April	Thursday	5:30 pm- 7:30 pm
	15 May	Thursday	5:30 pm- 7:30 pm
	19 June	Thursday	5:30 pm- 7:30 pm
Location	Date	Day	Time
<b>Wetaskiwin:</b> Community Health Centre – Dorothy French Room	2 April	Wednesday	5:30 pm- 7:30 pm
	7 May	Wednesday	5:30 pm- 7:30 pm
	4 June	Wednesday	5:30 pm- 7:30 pm
<u><a href="#">Pumping Insulin: How to Use Your Pump to its Fullest Potential</a></u>			
Location	Date	Day	Time
<b>Red Deer:</b> Diabetes Education Centre 4755 - 49th St	3 April	Thursday	5:30 pm- 7:30 pm
	1 May	Thursday	5:30 pm- 7:30 pm
	5 June	Thursday	5:30 pm- 7:30 pm

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