



# Diabetes Basics

**Join a class with a Registered Nurse & a Registered Dietitian to explore how daily choices around food, activity, & self-care can make a difference in managing blood sugars & feeling your best.**

**This FREE 1.5 hour class is for people with prediabetes or those newly diagnosed with Type 2 diabetes who want practical strategies to support their health through nutrition & lifestyle.**

## What We'll Cover:

- Insulin resistance vs. insulin deficiency
- Understanding blood sugar levels & testing
- Healthy eating for blood sugar balance
- Recognizing & managing hypo- & hyper-glycemia with lifestyle & diet
- Sick day management
- Setting SMART goals
- Building your health care team

## Class Details:

- Offered as a virtual class & in-person in Trail, Nelson, Castlegar, Kaslo, & Grand Forks
- Single-session class (you're welcome to attend more than once if you'd like a refresher)
- Visit [kbpcn.ca/group-education](https://kbpcn.ca/group-education) for the upcoming class schedule + information about more PCN group classes!



## Want to join us?

**To register email [KBPCNMOA@interiorhealth.ca](mailto:KBPCNMOA@interiorhealth.ca)  
or call 250-365-4337.**

*You can also ask your primary care provider to refer you  
(practitioners, please use the PCN referral form).*