



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.

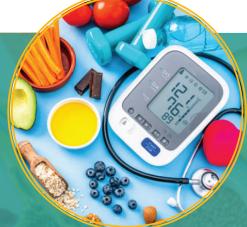
What We'll Cover:

- Insulin resistance vs. insulin deficiency
- Understanding blood sugar levels & testing
- Healthy eating for blood sugar balance
- Recognizing & managing hypo- & hyperglycemia 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 <u>kbpcn.ca/group-education</u> for the upcoming class schedule + information about more PCN group classes!





Want to join us?

To register email <u>KBPCNMOA@interiorhealth.ca</u> or call 250-365-4337.

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

Finding the Right Fit: This class may not be suitable for people with Type I diabetes, gestational diabetes, eating disorders, or for those taking insulin who have not yet met with a Certified Diabetes Educator.