

Group Program Outline – Diabetes

Session 1: Diabetes Essentials

At the end of the session, participants will have reviewed:

The Basics

- What is Diabetes?
- Risk Factors
- Symptoms of high and low blood sugars
- The numbers; diagnosing and managing targets

Monitoring blood sugars

Staying healthy with diabetes

- What are potential complications of having diabetes?
- What to do to help prevent complications

Medication Management

- How do they work?
- Things to consider

Session 2: Eating for Diabetes

At the end of the session, participant will have reviewed:

Carbohydrates, Sugar & Other nutrients

Balanced meals & Meal timing

Alcohol

Reading labels

Portion sizes, Healthy Plate Method & Meal Options

Session 3: Physical Activity Essentials

At the end of the session, participant will have reviewed:

Explore our beliefs about exercise

- Difference between exercise and activity
- 24 hour Movement Guidelines for Adults

Benefits of physical activity and exercise

Guidelines for physical activity

- Aerobic exercise
- Resistance exercise

How to be active, even with a chronic condition

Helpful strategies

Where to start or continue your journey

Session 4: Preparing for Success

At the end of the session, participants will have reviewed:

Wellness

- Impact of stress on the body
- Coping with and managing stress
- Defining wellness

Chronic Disease Self-Management

- Physical, emotional, mental and social
- Health self-management skills

Preparing for Change

- Motivators
- Barriers

Goal Setting

- Create an action plan for change
- Steps to creating a goal
- Problem solving tips