



PRAIRIE MOUNTAIN HEALTH  
Chronic Disease Education Program

## How Diabetes Works

Thursday, September 13

1:30-3:30 p.m.

Dauphin Community Health Services

### In this class, you will learn:

- Roles of the pancreas, insulin, and glucose
- What's going on in the body as diabetes starts and as it progresses
- Complications of diabetes
- How managing diabetes can help one avoid or delay complications
- What good diabetes control means
- Specific benefits of healthy eating, physical activity, and medicine as it is related to managing diabetes

## Healthy Eating and Keeping Active

Thursday, September 27

1:30-3:30 p.m.

Dauphin Community Health Services

### In this class, you will learn:

- Why healthy eating and keeping active are important when it comes to managing diabetes
- The different food groups and nutrients found in food
- Focusing on what, how much, and when you eat, and addressing challenges to healthy eating
- What keeping active really means, and dealing with challenges to keeping active
- Setting a goal and involving your support network

Diabetes  
Education  
Classes in  
**DAUPHIN!**

Anyone who  
wants to learn  
more about  
diabetes is  
welcome to  
attend!

**FREE!**  
Registration  
required.  
Call:  
**1-877-509-7852**

Visit [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)  
Follow us on social media:



@PrairieMtHealth