



Five Hills Health Region
 “Healthy People—Healthy Communities”

How do I register?

A referral from your doctor or nurse practitioner is needed.

Who is on my healthcare team?

You &
 Registered Dietitian
 Chronic Condition Nurse Educator
 Family Physician
 Nurse Practitioner
 Medical Director Diabetes Program
 Office Administrative Assistant



Five Hills Health Region
 “Healthy People—Healthy Communities”

MISSION

Five Hills Health Region employees work together with you to achieve your best possible care, experience and health.



**LiveWell
 with Chronic Conditions**
 A peer support program to help you reach your goals for self-management.
 Ask your healthcare provider to learn more about a LiveWell session near you!

Living with Diabetes?



Learn about your diabetes education and support program.

*Working with you
 to improve your health.*

Patient Education Centre

Tel: 306-694-0230

Monday - Friday
 8:30 a.m. to 4:30 p.m.

Knowledge is Power

Step 1

An **initial one-on-one appointment** with a nurse educator to assess your needs. This appointment is offered to anyone with diabetes or prediabetes.

Step 2

Diabetes Classes

A series of four, 90 minute classes offered on Wednesdays from 10:00 to 11:30 a.m.
OR Thursdays from 2:30 to 4:00 p.m.

Spouses, family members, or other support person(s) are welcome to attend classes with you

Class 1: *Survival Skills*

Explains what diabetes is, emotions you may be feeling, the basics of blood glucose testing, and lifestyle changes to manage your diabetes.

This class is for people with diabetes.

Class 2: *All About Carbs!*

Learn more about balancing food choices to better manage your blood sugars.

This class is for people with prediabetes or diabetes.

Class 3: *Healthy Lifestyles*

This class is on healthy eating, physical activity and healthy weight!

This class is for people with prediabetes, diabetes, or other chronic health conditions.

Class 4: *Staying Healthy*

Get a better understanding of diabetes.
Topics discussed include:

- Possible complications of diabetes
- The importance of regular visits to your healthcare team
- Blood glucose targets and patterns
- Diabetes medications
- Low blood sugar
- The why and how to care for your feet
- What other supports and resources are out there to help me?
- How can you set and reach goals to achieve good health

This class is for people with diabetes.

Step 3

Follow-up and counselling support

There are 2 options.
You can choose one or both!

A. Individual appointments with your dietitian and/or nurse educator.

B. Group follow-up class. The purpose of the class is to revisit important topics in diabetes management in a casual group setting. It's a chance for you to discuss any questions or concerns that have come up since your last visit.

Where are the classes?

Classes are offered at the Moose Jaw Union Hospital at the Patient Education Centre located on the 3rd floor. They are also offered through Telehealth for the following rural sites:

- Assiniboia Union Hospital
- St. Joseph's Hospital/Foyer d'Youville, Gravelbourg
- Grasslands Health Centre, Rockglen
- Craik & District Health Centre
- Central Butte Regency Hospital

