# Halton Diabetes Program - Group Education Programs

<table>
<thead>
<tr>
<th>Group Name</th>
<th>What will I learn if I attend?</th>
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| **Take Action for a Healthy Lifestyle** | 22 sessions of 90 minutes over a one year period  

- Receive support to make lifestyle changes with eating, exercise, and managing stress, aimed to reduce the risks  
- Offered at community locations                                                                                                                                                                                                                                                                                                                                 |
| **My Diabetes Journey**             | Series of 3 sessions  

- Offered by a nurse and dietitian to provide the skills and understanding to help you learn to live with diabetes  
- Learn about what to eat, portion sizes, label reading, exercise, medications, dealing with emotions, blood sugar testing, foot care, myths and facts that will provide the skills and knowledge to living with diabetes                                                                                                                                                                                                 |
| **Diabetes & Caring For Your Feet** | 90 minutes  

- Offered by a nurse or dietitian to provide the skills and understanding to help you look after your feet and prevent foot care problems. Foot care screening offered for those in need.                                                                                                                                                                                                 |
| **Healthy Heart**                   | 90 minutes  

- Offered by a dietitian to provide information on lifestyle changes and healthy eating to help reduce the risks of heart disease.                                                                                                                                                                                                                                                                                                  |
| **Active Living**                   | 90 minutes  

- An exercise specialist will discuss the benefits of physical activity, precautions to take, and how to get started  
- Community resources and an opportunity to participate in some light exercise will be offered                                                                                                                                                                                                                                                                 |
| **Craving Change**                  | 90 minutes  

- Offered by a dietitian, this program will help to change your eating behaviours and relationship with food by changing your thoughts and eating patterns                                                                                                                                                                                                                                                                 |

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**Maximize Your Health** – 6 week free program that helps you live with a chronic condition by better managing systems and activities.  

**Call 1-855-223-6847**