

Diabetes Education

Do you have Type 2 Diabetes?

Are you newly diagnosed with Type 2 Diabetes?

Have you had Type 2 Diabetes for several years and would like more information?

Classes will be held every Thursday from 2:30pm – 4:00pm. Feel free to participate in one or all five classes.

Introduction to Diabetes-Session 1

Nutrition – Session 2

Physical Activity – Session 3

Stress Management – Session 4

Medication Management – Session 5

FREE to join!

You must pre-register to attend!

Please call **(306) 786-6363** and press 0 to REGISTER or for more information.



Classes are available in the following communities via **telehealth**:

Canora
Esterhazy
Foam Lake
Ituna

Kamsack
Langenburg
Melville

Norquay
Preeceville
Yorkton

Location details will be provided upon registering.

Located at the Sunrise Health and Wellness Centre, RBC Room.
259 Hamilton Road, Yorkton



saskhealthauthority.ca