

Diabetes

FREE EDUCATION SESSIONS

Open to the public or by physician referral | Call ahead to book.

ALL SESSIONS
OFFERED IN HAMILTON
Jan - Dec 2010

Living Well with Diabetes

Education is provided by a certified diabetes nurse and dietitian. This class provides information to people and family members on the daily management of diabetes. Take home package of materials included.

In this session you will learn how to manage your diabetes including these topics:

- Healthy eating • Being active • Medications for diabetes
- How to prevent complications for diabetes
- How to manage when you are sick

Classes presented by Hamilton Health Sciences, St. Joseph's Healthcare, Hamilton Family Health Team and McMaster Family Health Team

Hamilton Family Health Team Pioneer Memorial United Church 1974 King Street East

January 12 6:30 pm - 8:30 pm
April 6 12:00 pm - 2:00 pm
July 13 12:00 pm - 2:00 pm
October 5 8:00 am - 10:00 am
Register: (905) 667 4862 ext. 320

10 George Street, 3rd floor

February 2 12:00 pm - 2:00 pm
May 4 8:00 am - 10:00 am
August 3 6:30 pm - 8:30 pm
November 2 12:00 pm - 2:00 pm
Register: (905) 667-4862 ext. 320

St. Joseph's Health Care Centre, Mountain Health Services

100 West 5th, Seminar Room F144

March 2 8:00 am - 9:00 am
June 1 6:30 pm - 7:30 pm
December 7 12:00 pm - 1:00 pm
Register: (905) 667-4862 ext. 320

McMaster Family Practice

690 Main Street West

January 18 6:00 pm - 8:00 pm
March 29 6:00 pm - 8:00 pm
June 7 6:00 pm - 8:00 pm
Register: (905) 521-5016

Stonechurch Family Health Centre

1475 Upper Ottawa Street

February 9 10:00 am - 12:00 pm
May 4 10:00 am - 12:00 pm
Register: (905) 575-1300

Hamilton Health Sciences, Well-Health Centre

126-293 Wellington Street North

January 5 8:45 am - 12:00 pm
February 1 1:30 pm - 3:30 pm
March 1 8:45 am - 12:00 pm
April 1 1:30 pm - 3:30 pm
May 4 8:45 am - 12:00 pm
June 1 8:45 am - 12:00 pm
July 6 1:30 pm - 3:30 pm
Aug 3 8:45 am - 12:00 pm
September 2 1:30 pm - 3:30 pm
October 5 8:45 am - 12:00 pm
November 2 1:30 pm - 3:30 pm
December 2 8:45 am - 12:00 pm
Register: (905) 577-1448

Hamilton Health Sciences

100 West 5th, Seminar Room F144

January 19 6:30 pm - 8:30 pm
February 23 6:30 pm - 8:30 pm
March 16 6:30 pm - 8:30 pm
April 20 6:30 pm - 8:30 pm
May 18 6:30 pm - 8:30 pm
June 24 6:30 pm - 8:30 pm
September 21 6:30 pm - 8:30 pm
October 19 6:30 pm - 8:30 pm
November 23 6:30 pm - 8:30 pm
December 8 6:30 pm - 8:30 pm
Register (905) 577-1448

PLEASE REGISTER FOR CLASSES,
CLASSES WILL BE CANCELLED
IF NO ONE REGISTERS.

St. Joseph's Healthcare Hamilton, Hospital Campus

Charlton, Fontbonne Building, Conf. Room 3

January 28 1:00 pm - 3:00 pm
February 25 1:00 pm - 3:00 pm
March 25 1:00 pm - 3:00 pm
April 22 1:00 pm - 3:00 pm
May 27 1:00 pm - 3:00 pm
June 24 1:00 pm - 3:00 pm
July 22 1:00 pm - 3:00 pm
August 26 1:00 pm - 3:00 pm
September 23 1:00 pm - 3:00 pm
October 28 1:00 pm - 3:00 pm
November 25 1:00 pm - 3:00 pm
December 15 1:00 pm - 3:00 pm
Register: (905) 522-1155 ext 32045

St. Joseph's Healthcare Hamilton, King Street Campus

2757 King Street East, Auditorium

January 13 1:00 pm - 4:00 pm
January 28 5:30 pm - 8:30 pm
February 9 9:00 am - 12:00 noon
February 17 1:00 pm - 4:00 pm
February 25 5:30 pm - 8:30 pm
March 9 9:00 am - 12:00 noon
March 25 5:30 pm - 8:30 pm
April 14 1:00 pm - 4:00 pm
April 29 5:30 pm - 8:30 pm
May 11 9:00 am - 12:00 noon
May 19 1:00 pm - 4:00 pm
May 27 5:30 pm - 8:30 pm
June 9 1:00 pm - 4:00 pm
June 24 5:30 pm - 8:30 pm
July 13 9:00 am - 12:00 noon
July 29 5:30 pm - 8:30 pm
August 11 1:00 pm - 4:00 pm
August 26 5:30 pm - 8:30 pm
September 7 9:00 am - 12:00 noon
September 30 5:30 pm - 8:30 pm
October 5 9:00 am - 12:00 noon
October 28 5:30 pm - 8:30 pm
November 10 1:00 pm - 4:00 pm
November 25 5:30 pm - 8:30 pm
December 7 9:00 am - 12:00 noon
December 16 5:30 pm - 8:30 pm
Register: (905) 573-4819

Hamilton Diabetes Collaborative (and Coordination of Diabetes Education Sub Working Group)

