

Prediabetes Program Background

This Program was developed and is taught by our Nurse Practitioner and Registered Dietitian.

This program uses conversation to help you learn in a supportive group environment. You can expect to learn about hunger and fullness cues, carbohydrates, healthy fats, and using the Mediterranean guide. You will also be encouraged to set goals, and given healthy eating and physical activity tips to improve your lifestyle.

Research shows that taking steps to manage your blood glucose can help you prevent or delay the onset of type two diabetes. This program focuses on giving you the tools and support you need to be successful.

Small changes make a big difference

Visit our website for
more healthy lifestyle
tips!

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West Durham
Family Health Team



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Family Health Team



Prediabetes Class

Living a Healthy Lifestyle

