

Virtual Diabetes Education Classes

Community Virtual Care's **Living Well with Diabetes** classes help clients to find a balanced way to stay healthy while living with diabetes. Classes are about one hour, and are virtual, interactive and engaging.

Diabetes Basics

In this class you will learn about diabetes, glucose, insulin, and symptoms; risk factors, screening and diagnosis; common lab tests and understanding the results; and managing diabetes with food.

Staying Healthy with Diabetes

Learn self-management skills; the importance of regular screening and recommended vaccines; the benefits of movement and activity; how stress and emotions play a role and how you can take action.

Diabetes: Beyond the Physical

You will learn about the impacts of chronic illness on health and well-being; the positive outcomes of self-compassion; how to identify diabetes distress, burnout, anxiety, and depression; and how to seek support.



Diabetes Medications and More

By the end of this class you will have learned about treating diabetes with medications; how to keep blood pressure and cholesterol within target range; how to manage low blood sugar; and how to manage sick days



Diabetes Nutrition and More

By the end of this class you will better understand the principles of eating well for diabetes; how to support yourself for long-term success; and what you need to know about body weight.

Foot Health with Diabetes

Learn about the link between diabetes and foot health; understand possible foot complications; the importance of a foot care routine; and footwear features and recommendations

Diabetes Complications: Prevention and More

In this class you will learn the short (acute) and long term (chronic) potential complications; how to minimize the risks of developing long term complications; how to manage short term complications and how to manage sick days

Take one class, take them all...in any order your choose!

South Island: 1-888-533-2273
Central Island: 1-877-734-4101
North Island: 1-866-928-4988

