



LMC group sessions

Session Name	Topics Covered	Suitable for
Living With Diabetes – What You Need to Know	What is diabetes? (Physiology) Common diabetes myths Complications and prevention Blood sugar targets and when to test Understanding lab results Medications	Anyone with type 2 diabetes or prediabetes
Nutrition and Lifestyle	How different foods affect blood sugars Portion control Planning balanced meals and snacks Glycemic Index Natural health products/artificial sweeteners Physical activity The best times to test your blood sugars	Anyone with type 2 diabetes or prediabetes
Six Steps to a Healthy Heart	What is cardiovascular disease? Understanding lab results Practical nutrition tips to keeping the heart healthy Health protective medications Other important factor: sleep, stress, etc.	Anyone with type 2 or type 1 diabetes, or prediabetes Particularly useful for those with high cholesterol levels
More about Carbs – Carbohydrate Counting	What are carbohydrates and where to find them Recommended carbohydrate intake Reading and understanding food labels How to count carbohydrates Measuring tricks and resources	Anyone (recommended to attend first 2 sessions first)
Advanced Skills – Matching Your Insulin to Your Lifestyle	How to adjust your insulin doses based on your food intake How to adjust your insulin doses for high blood sugars Technology to help calculate meal time insulin doses	Anyone using multiple daily insulin injections *must attend carb counting session first
Patterns Management – Understanding Your Blood Sugars	How to detect patterns in your blood sugars Different factors which affect blood sugar levels How to make insulin adjustments on your own	Anyone using multiple daily insulin injections

All of our classes are OHIP covered. Feel free to bring a guest!