

## Welcoming

We try to connect community members to the community services they need.



Interpreters available in any language



We work with a lot of different Community services. Please let us know if you want us to come to your organization and speak to your staff and/or community members.

We provide **FREE** diabetes education services to people who live within our catchment area.

### Bloor Street East

If you live south of Bloor, East of Yonge and West of the Don River you can attend our programs

Yonge Street

Don River

Lake Ontario



### Contact us:

409 Parliament Street,  
Ground Floor  
@ Gerrard Street East  
Toronto, On  
M5A 3A1

Phone: 416 603-0336

Fax: 416 603-8068

[www.regentparkchc.org](http://www.regentparkchc.org)



REGENT PARK  
COMMUNITY HEALTH CENTRE

## DIABETES EDUCATION PROGRAM



“Let’s walk in partnership in understanding and managing diabetes”

## There is life with diabetes

At the Regent Park Community Health Centre Diabetes Education Program we support people so you can live a healthy life with diabetes.



### ABC's of Diabetes

Diabetes can cause problems with your eyes, feet, kidneys, heart and nerves. Take care of the ABC's of diabetes and lower your risk of diabetes health problems.

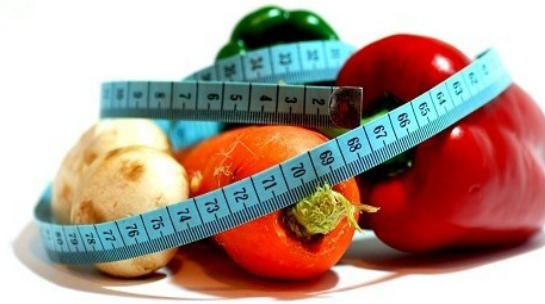
A—A1C is the Blood Sugar Test

B—Blood Pressure

C—Cholesterol level (fat in the blood)



The diabetes team can help you learn about your ABCs and how to control them better.



We offer one-on-one or group education on the following:

- What is Diabetes?
- Stress and Diabetes
- Taking care of your feet
- How to start insulin
- Diabetes medications
- What can I eat?
- Financial supports for people with diabetes
- Testing your blood sugar levels
- Hypoglycemia (low blood sugar emergencies)

*\*family members and support people are encouraged to attend*

We run:

- *Language Groups*
- *Exercise Groups*
- *Community Outreach*

**FREE OF CHARGE!!**

**We welcome everyone to attend**



---

Call us to find out times and locations:

416-603-0336

or

check our website event calendar:

[www.regentparkchc.org](http://www.regentparkchc.org)