

Carefirst Diabetes Education – Online Education Group Session (Mar 2022)

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|--|--|---|--|
| | | 1 How to Set Goals and Action Plans (HHW) (English) 10:30-12:00pm | 2 | 3 How to Set Goals and Action Plan (HHW) (Cantonese) 10:30-12:00pm | 4 Pre-Diabetes Session (DEP) (Cantonese) 2:00-4:00pm How to Set Goals and Action Plans (HHW) (Mandarin) 10:30-12:00pm | 5 Diabetes Education (Session I) (DEP) (Cantonese) 9:00-12:00pm |
| 6 | 7 Food Label Reading (DEP) (Cantonese) 2:00-4:00pm | 8 Fibre (Food) (HHW) (English) 10:30-12:00pm | 9 | 10 Fibre (Food) (HHW) (Cantonese) 10:30-12:00pm | 11 Fibre (Food) (HHW) (Mandarin) 10:30-12:00pm | 12 Diabetes Education(Session II) (DEP) (Cantonese) 9:00-12:00pm |
| 13 | 14 | 15 Aerobic Exercise and FITT (HHW) (English) 10:30-12:00pm | 16 Diabetes Education (DEP) (Cantonese) 2:00-5:00pm | 17 Aerobic Exercise and FITT (HHW) (Cantonese) 10:30-12:00pm | 18 Aerobic Exercise and FITT (HHW) (Mandarin) 10:30-12:00pm | 19 Diabetes Education (Session III) (DEP) (Cantonese) 9:00-12:00pm |
| 20 | 21 | 22 Heart Failure (HHW) (English) 10:30-12:00Npm | 23 | 24 Heart Failure (HHW) (Cantonese) 10:30-12:00pm | 25 Diabetes Cooking Class (DEP) (Cantonese) 2:30-4:00pm Heart Failure (HHW) (Mandarin) 10:30-12:00pm | 26 |
| 27 | 28 | 29 Diabetes Education (DEP) (English) 5:00-7:00pm Common Heart Medications (HHW) (English) 10:30-12:00pm | 30 | 31 Common Heart Medications (HHW) (Cantonese) 10:30-12:00pm | | |

* All Heart Health Workshops (HHW) consists of : 30 minutes of talk followed by 40-45 minutes of basic exercise (warm-up, aerobic, resistance, cool-down)

These group sessions will be held on an online platform – Zoom Meeting and open to public.

❖ **Diabetes Education Group (DEP)**

- For more information, or if you want to register for:
Diabetes Education Group Session, please call 905-695-1140 or 416-847-0283
- If you are type 2 diabetes, prediabetes or at risk and will like to join our Diabetes Education Program, please ask your family doctor to send us a referral.
 - [DEP Referral Form Feb 18 v.2 \(carefirstontario.ca\)](#) (Doctor referral)

❖ **Heart health Workshop (HHW)**

- For more information / register:
Please call 416-847-894 or by email cdmc@carefirstontario.ca
 - [Heart health workshop English.pdf](#)

耆暉會糖尿病教育中心 - 網上教育課程講座 (2022年3月份)

| 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 |
|-----|---|--|---|--|---|--|
| | | 1 如何設定目標和行動計劃講座 (HHW) (英語) 10:30-12:00pm | 2 | 3 如何設定目標和行動計劃講座 (HHW) (廣東話) 10:30-12:00pm | 4 糖尿病前期教育講座 (DEP) (廣東話) 2:00-4:00pm 如何設定目標和行動計劃講座 (HHW) (普通話) 10:30-12:00pm | 5 糖尿病教育講座 I (DEP) (廣東話) 9:00-12:00pm |
| 6 | 7 食物標籤講座 (DEP) 2:00-4:00pm (廣東話) | 8 膳食纖維講座 (HHW) 10:30-12:00pm (英語) | 9 | 10 膳食纖維講座 (HHW) 10:30-12:00pm (廣東話) | 11 膳食纖維講座 (HHW) 10:30-12:00pm (普通話) | 12 糖尿病教育講座 II (DEP) (廣東話) 9:00-12:00pm |
| 13 | 14 | 15 有氧運動和FITT原則講座 (HHW) (英語) 10:30-12:00pm | 16 糖尿病教育講座 (DEP) (廣東話) 2:00-5:00 pm | 17 有氧運動和FITT原則講座 (HHW) (廣東話) 10:30-12:00pm | 18 有氧運動和FITT原則講座 (HHW) (普通話) 10:30-12:00pm | 19 糖尿病教育講座 III (DEP) (廣東話) 9:00-12:00pm |
| 20 | 21 | 22 心臟衰竭講座 (HHW) (英語) 10:30-12:00pm | 23 | 24 心臟衰竭講座 (HHW) (廣東話) 10:30-12:00pm | 25 糖尿病烹飪班 (DEP) (廣東話) 2:30-4:00pm 心臟衰竭講座 (普通話) 10:30-12:00pm | 26 |
| 27 | 28 | 29 糖尿病教育講座 (DEP) (英語) 5:00-7:00pm 心髒病藥物講座 (HHW) (英語) 10:30-12:00pm | 30 | 31 心髒病藥物講座 (HHW) (廣東話) 10:30-12:00pm | | |

* 線上健康教育和運動講座包括: 30 分鐘的講座, 然後是 40-45 分鐘運動 (熱身、有氧、阻力、放鬆)

這些講座將在網上平台 - Zoom Meeting上舉行，並對外開放

❖ 糖尿病教育中心 (DEP)

- 查詢或登記請致電905-695-1140或416-847-0283
- 如果您是二型糖尿病，糖尿病前期或高危人士，並希望參加糖尿病教育中心，請告訴您的家庭醫生向我們發送轉介信

[DEP Referral Form Feb 18 v.2 \(carefirstontario.ca\)](#) (醫生推薦信)

❖ 心臟健康工作坊 (HHW)

- 欲了解更多信息，或登記心臟健康工作坊：

請致電 416-847-8941 或電郵 cdmc@carefirstontario.ca

- [心臟健康工作坊中文.pdf](#)