

Carefirst Diabetes Education – Online Education Group Session

Apr, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Common Heart Medications (HHW) (Mandarin) 10:30-12:00pm	2 Saturday Group Session I (DEP) (Cantonese) 9:00-12:00pm
3	4 Pre-Diabetes Session (DEP)(Cantonese) 2:00-4:00pm	5 Resistance Training Session (HHW) (English) 10:30-12:00pm	6	7 HTN Group (DEP)(Cantonese) 11:00-1:00pm Resistance Training Session (HHW) (Cantonese) 10:30-12:00pm	8 Resistance Training Session (HHW) (Mandarin) 10:30-12:00pm	9 Saturday Group Session II (DEP) (Cantonese) 9:00-12:00pm
10	11	12 Diet Workshop : Salt (HHW) (English) 10:30-12:00pm	13	14 Diet Workshop : Salt (HHW) (Cantonese) 10:30-12:00pm	15	16
17	18	19 Arrhythmia/Afib Session (HHW) (English) 10:30-12:00pm	20 Diabetes Education (DEP)(Mandarin) 2:00-5:00pm	21 Arrhythmia/Afib Session (HHW) (Cantonese) 10:30-12:00pm	22 Dinning out Session Western Food (DEP) (Cantonese) 11:00-1:00pm Arrhythmia/Afib Session (HHW) (Mandarin) 10:30-12:00pm	23 Saturday Group Session III (DEP) (Cantonese) 9:00-12:00pm
24	25	26 Diabetes Education (DEP) (English) 5:00-7:00pm Stress Management (HHW) (English) 10:30-12:00pm	27	28 Stress Management (HHW) (Cantonese) 10:30-12:00pm	29 Stress Management (HHW) (Mandarin) 10:30-12:00pm	30

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4月份

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 心臟病藥物講座 (HHW)(普通話) 10:30-12:00pm	2 糖尿病教育講座 I (DEP) (廣東話) 9:00-12:00pm
3	4 糖尿病前期教育講座 DEP) (廣東話)2:00- 4:00pm	5 阻力訓練講座 (HHW) (英語) 10:30-12:00pm	6	7 高血壓講座(DEP) (廣東話)11:00-1:00pm 阻力訓練講座 (HHW) (廣東話) 10:30-12:00pm	8 阻力訓練講座 (HHW) (普通話) 10:30-12:00pm	9 糖尿病教育講座 II (DEP) (廣東話) 9:00-12:00pm
10	11	12 飲食講座：鹽 (HHW) (英語) 10:30-12:00pm	13	14 飲食講座：鹽 (HHW) (廣東話) 10:30-12:00pm	15	16
17	18	19 心律不齊/心房顫動講座 (HHW) (英語) 10:30-12:00pm	20 糖尿病教育講座 (DEP) (普通話) 2:00-5:00 pm	21 心律不齊/心房顫動講座 (HHW) (廣東話) 10:30-12:00pm	22 外出飲食班－西餐 (DEP)(廣東話) 11:00-1:00pm 心律不齊/心房顫動講座 (HHW) (普通話) 10:30-12:00pm	23 糖尿病教育講座 III (DEP) (廣東話) 9:00-12:00pm
24	25	26 糖尿病教育講座 (DEP) (英語) 5:00-7:00pm 壓力管理講座 (HHW) (英語) 10:30-12:00pm	27	28 壓力管理講座 (HHW) (廣東話) 10:30-12:00pm	29 壓力管理講座 (HHW) (普通話) 10:30-12:00pm	30

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](#)