

Have you tried a “virtual” group?

Need a refresher on healthy eating post-pandemic lockdown?

Learn all about diabetes and healthy eating, from the comfort of your favourite chair! All you need is an internet connection, and email address, and a willingness to learn more about living a healthy life.



Have a look below at the virtual groups offered by our RCHS dietitians and nurses, all funded by Ontario Health, and no charge to you!

Whether you have just found out you have diabetes, or have been living with it for 20 years, there is always something new to learn. Join the nurse and dietitian from our Diabetes Education Program to learn how to live a healthy life with diabetes. Group programs are a great way to learn from others as well as to get support and motivation to manage your diabetes.



Living with
Diabetes Series

One 2 hour session.

Diabetes Support
Group

Come and join our new monthly support group for motivation and help with managing your diabetes - family and friends of those with diabetes are welcome as well. This is your opportunity to connect with others to talk about issues, concerns, success stories, and to support each other. The monthly format is a great way to “stay on track” with your healthy lifestyle goals. Our diabetes nurse and dietitian, will offer up some new and useful tips to help you manage your diabetes and be available to answer any and all questions each month.

4th Friday of every month from 9:30-11:00am

Are you confused about what to eat when you have diabetes? Let our dietitians work their magic, and teach you how to make sense of it all! This session will help you learn how to read food labels, count carbohydrates, and make smart choices when eating out - all in ways that are easy to understand.



Carb Counting
& Label Reading

One 2 hour session.

Craving Change

Craving Change® provides cognitive-behavioural tools, activities and strategies that address the universal struggle to change problematic and emotional eating behaviours. The thought-provoking, 'how-to' approach focuses on the 'why' of eating behaviour and what to do about it. Come learn new ways to take charge of your eating habits! This is a 4-6 week program that is offered several times throughout the year.

Change thinking habits to change eating habits

Budget-Savvy Cooking - Join our dietitian in cooking up some delicious and budget-friendly meals. You are sent an ingredient list ahead of the class so you can cook along or you can just watch and learn - it's up to you.



Cook with
Your Dietitian

For more information please visit our website at www.rideauchs.ca, send us an email at info@rideauchs.ca, or contact the RCHS Diabetes Education Program directly at (613) 284-2558 to find out more about these virtual offerings. No referral required.