

A Resource Guide to Type 2 Diabetes in Your Community

Created in collaboration with the Tribal Diabetes Coordinators and
Diabetes Canada



Diabetes Canada (DC) in partnership with the Tribal Diabetes Coordinators have developed a toolkit to provide education and resources on diabetes for community accessibility.

Each package will include:

- A Canadian Guide to Living Well with Diabetes workbook
- Healthy Eating Plate Magnet
- 10 educational chapters with teaching tools and handouts

USB Drive Containing:

- Living Well with Diabetes: An Indigenous Perspective – In collaboration with Health Canada's First Nations and Inuit Health Branch (45 minutes)
- Diabetes 101: Cultural Adaptations Webinars Aboriginal Perspective (1 hour)

Newly Diagnosed Webinars

- Lows & Highs

Complications Webinars:

- Heart Healthy
- Taking Care of Your Nervous System
- Your Eyes Matter
- Making Diabetes Complications Not So Complicated
- Taking a Step Forward – Preventing & Managing Foot Problems
- Diabetes – Sexual Health & You

Healthy Mind Webinars:

- Diabetes Burnout
- Getting & Giving Support
- Don't let diabetes get you down
- Small steps lead to big results
- Strength in numbers – Building your diabetes team
- Stress less with diabetes
- Mental health and mindfulness

401-1 Wesley Ave Winnipeg, MB R3C 4C6
Call us: (204) 925-3800 F: (204) 949-0266
T: 1-800-BANTING (226-8464)
Diabetes.ca

**DIABETES
CANADA**



Why this toolkit is valuable:

- To ease transitions when an individual has been diagnosed with diabetes
- To save time searching for resources
- To break down the Clinical Practice Guidelines into digestible pieces
- No need for internet! All teaching tools are on paper or a USB key
- One stop shop for group education material, classroom activities, or one on one conversations
- Credible, reliable, science based information



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