

# Physical Activity

an ADI Zoom Session



**Monday May 27, 2024 from 10:00-11:00 am**

**Attend by Zoom**

- **To join by computer:** Before the event, visit [https://zoom.us/download#client\\_4meeting](https://zoom.us/download#client_4meeting) and follow the instructions to download the Zoom app.  
On the day of the event, type the link below into your browser <https://zoom.us/j/91785851040>, then click “Open Zoom Meetings” to join.
- **To join by phone:** On the day of the event,  
Dial 204-272-7920 and use Meeting ID: 917 8585 1040#

**Evaluation: ADI Zoom Education Session**

**Topic: Physical Activity (Monday, May 27, 2024 from 10:00-11:00 am)**

**Please rate the following statements on a scale of 1 to 5.**

1= strongly disagree, 2=disagree, 3=neutral, 4= agree, 5= strongly agree

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|---|---|---|---|---|---|
| 1. I was interested in this topic before coming to the session  | 1 | 2 | 3 | 4 | 5 |
| 2. I learned something new from this session                    | 1 | 2 | 3 | 4 | 5 |
| <b>If not:</b> The review was valuable                          | 1 | 2 | 3 | 4 | 5 |
| 3. The presentation was clear and understandable                | 1 | 2 | 3 | 4 | 5 |
| 4. The presenters addressed questions/comments appropriately    | 1 | 2 | 3 | 4 | 5 |
| 5. The presenter seemed to have expert knowledge of the content | 1 | 2 | 3 | 4 | 5 |
| 6. The activity was engaging and informative                    | 1 | 2 | 3 | 4 | 5 |
| 7. The audio/visual was good                                    | 1 | 2 | 3 | 4 | 5 |

8. What part did you like best?

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9. Suggestions for improvement:

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10. Which diabetes topics would you like to learn more about?

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11. Do you have any other comments?

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Once completed, please send to Alyssa Hoadley, ADI Community Nutritionist by

**Email:** [Alyssa.Hoadley@sac-isc.gc.ca](mailto:Alyssa.Hoadley@sac-isc.gc.ca) **OR Fax:** 204-984-2739

Thank you for taking the time to complete this evaluation!