

# Manage well through all life's changes

How diabetes affects you changes as life changes. Whether you have just been diagnosed, are adapting to the effects of new life stage or have been managing your blood sugar well for years, diabetes is a part of your daily life that affects decisions beyond what you eat.

Your diabetes program should adapt to provide the support you need today.

**The Diabetes Wellness Program** was designed to do just that. We've compiled expert resources and support in a free program dedicated to helping you live well with diabetes through all the highs and lows. Instead of following a set schedule of classes or appointments, you choose the support you need now to understand your health needs or make changes to better stay on target with your blood sugar.

## Our Program Partners



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**Wellness Institute at Seven Oaks General Hospital** is a global leader in chronic disease prevention and management. Designed from the ground up to provide an accessible, welcoming environment, our award winning facility provides the ideal environment for lifestyle medicine.

The Diabetes Wellness Program combines the best of our diabetes management expertise and support into a flexible program that you access as needed to support you where you are at with your blood sugar targets and symptoms today.

[diabeteswellness@wellnessinstitute.ca](mailto:diabeteswellness@wellnessinstitute.ca)  
1075 Leila Avenue Winnipeg, MB  
P: 204-632-3910



[wellnessinstitute.ca](http://wellnessinstitute.ca)

Diabetes  
Wellness Program

Living with  
diabetes  
has its highs  
and lows.

Let us help.



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Get Well & Stay Well at Seven Oaks General Hospital

# The right support changes with your life to be there when you need it

This free program begins with a personal meeting with a **Diabetes Educator** to develop a plan that may include ongoing access to:

- one-on-one diabetes counseling with a certified diabetes educator,
- small group education sessions and workshops,
- introduction to exercise with diabetes classes led by a degreed exercise specialist,
- emails with lifestyle tips and recipes, and
- personal, local phone support.

Daytime and evening classes are available. Online resources, webinars and mobile support will be added to give you even more flexibility in learning about living with diabetes and related complications.

**CERTIFIED**  
MEDICAL FITNESS  
FACILITY



- ✓ **flexible learning**
- ✓ **access to health experts**
- ✓ **broad range of available options**
- ✓ **no doctor/specialist referral needed**
- ✓ **suitable for all stages of life with diabetes**



To get started, simply contact the **Diabetes Wellness Program** at our Rehabilitation & Sports Injury Clinic to set up an appointment:

**P 204-632-3910**

[diabeteswellness@wellnessinstitute.ca](mailto:diabeteswellness@wellnessinstitute.ca)

As a Certified Medical Fitness Facility we provide medical oversight for rehabilitation, disease management and lifestyle change, as well as individual health screening with exercise prescription and the ability to respond to medical emergencies.

## Additional services for your health

### **Diet & Nutrition Counseling**

Diet is an important part of managing blood sugars and preventing complications associated with diabetes. Get advice and a nutrition plan that fits your lifestyle.

### **Diabetes Exercise Program**

Improve your energy levels, glucose tolerance, and overall health through exercise and self-management strategies and reduce your risk of complications.

### **Get Better Together Workshops**

Take control of your health. Take part in-person or online to build healthy eating, physical activity, communication and pain management skills.

### **Foot Care**

A foot care nurse can help improve overall foot health, assess circulation, sensation, and mobility issues as well as assess risk for diabetic ulcers.



## Also available

**Psychology & Custom Orthotics**

Find out more at our website or by speaking to the **Diabetes Wellness Program Coordinator**.

[wellnessinstitute.ca](http://wellnessinstitute.ca)