



Primary Health Care Services  
OF PETERBOROUGH

*Peterborough Networked*

**Family Health Team**



## Pre-Diabetes

[www.peterboroughfht.com](http://www.peterboroughfht.com)

In partnership with the



**YMCA of  
Central East Ontario**

# Pre-Diabetes

## *2-hour Program*

This program promotes healthy lifestyle changes that support healthy blood sugar control. At this early stage, research shows that lifestyle changes are more effective than medications to delay or even possibly prevent diabetes.

### You will learn about:

- Sources of sugar and carbohydrates
- Role of protein and fibre in blood sugar control
- Meal planning, label reading, eating out, recipe modification and fad diets
- Your genetic risk factors and how to manage diabetes
- Glycemic index
- Current activity guidelines

### Who should attend:

- Has your physician or nurse practitioner told you that you have high blood sugar?
- Have you ever had diabetes during pregnancy?
- Does anyone in your immediate family have diabetes?

*Ask your family doctor or nurse practitioner if the Pre-Diabetes program may be for you ...*

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Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_