



Special education series offers support and guidance to 'live your best life' with diabetes

October 27, 2015

Whitehorse – Local health and wellness experts will team up this November during Diabetes Awareness Month for a special workshop series that will offer support and strategies to Yukoners living with diabetes.

The *Diabetes Wellness Series* consists of four education sessions that will provide a wide range of information and answer questions. This includes practical strategies for self-management, advice about medication, tips for healthy eating and physical activity.

When: Mondays, November 2 to 23, 2015 - 6 pm to 8 pm

Where: Canada Games Centre Boardroom, Whitehorse

Register: By phone (867) 668-8677 or email danielle.fendrick@whitehorse.ca /
Deadline October 30 / \$20 fee

Session instructors include a dietitian, nurse, pharmacists and exercise specialist. All classes are offered in the evening and a doctor's referral is not required.

"Whether you're one of the many Yukoners just diagnosed with diabetes or you've lived with it for years, it's important to know as much about the condition as possible, to help you live your best life," says Mary Beaton, Registered Nurse and Certified Diabetes Educator at Whitehorse General Hospital's Diabetes Education Centre. "These sessions will also help you connect with the incredible support available in our community."

"When you learn in a group of your peers and adopt sound self-management strategies, you can better manage your diabetes," says Shannon Duke, Nurse and Acting Manager of the Government of Yukon's Chronic Conditions Support Program. "The sessions offer a great learning environment as well as advice and guidance from health professionals who have many years of experience in caring for diabetes."

"The Canada Games Centre impacts the health of our citizens every day and we are excited about this partnership where there is a holistic approach to supporting those living with diabetes," says Linda Rapp, City of Whitehorse Director of Community and Recreation Services.

The *Diabetes Wellness Series* is a special partnership of Chronic Conditions Support Program in Yukon's Department of Health and Social Services, the Diabetes Education Centre at Whitehorse General Hospital and the City of Whitehorse.

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Backgrounder

Diabetes Education Centre

The Diabetes Education Centre provides several services to adults in Whitehorse, rural Yukon communities and northern B.C. such as scheduled appointments or group sessions that offer teaching and on-going support with Type 1, Type 2, gestational diabetes, pre-diabetes or impaired fasting glucose. The DEC is staffed by a Registered Nurse and Registered Dietitian who are Certified Diabetes Educators with significant training and experience in diabetes care. This team works closely with other health professionals, including family doctors, physiotherapists, occupational therapists and community nurses to ensure people with diabetes receive the best care possible.

Chronic Conditions Support Program

The Chronic Conditions Support Program (CCSP) assists doctors, nurses and other health professionals to work together with patients to achieve the best possible care. Some of the chronic conditions supported through CCSP include chronic obstructive pulmonary disease, diabetes and high blood pressure.