

Diabetes is a disease that can be self-managed, so it is important to have the proper education, tools and support to increase your confidence, knowledge and skills.

Waterloo Wellington Diabetes centrally manages all referrals to diabetes education locally.

BENEFITS OF DIABETES EDUCATION - LEARN

- about the type of diabetes you have
- how your blood sugars can affect your health
- how to prevent complications
- the importance of healthy eating
- medication management
- how to use a blood glucose meter

DID YOU KNOW?

You can self-refer to a free
Diabetes Education Program by
filling this online **self-referral form!**



CONNECT WITH US:

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