

Exercise Physiology and Dietitian Services at the GP Super Clinic have developed a six week diabetes education program aimed to help improve the health of those diagnosed with diabetes (type one, type two, gestational diabetes).

The program has a self-management focus and is led by an exercise physiologist and dietitian. Participants will learn about the importance of physical activity, nutrition and lifestyle changes for effective diabetes management.

Actively decrease your risk of developing complications associated with poorly controlled diabetes using evidence-based exercise programming and nutrition intervention.

For more information, ask your doctor about a referral to the program.

The program has a self-management focus and is led by an exercise physiologist and dietician. Participants will learn about the importance of physical activity, nutrition and lifestyle changes for effective diabetes management.

For more information, ask your doctor
about a referral to the program.

