

# DIABETES WEBINAR

## List of resources

### Recorded Webinars

[Living with Diabetes](#)

(part 1 – 37 mins)

[Watch](#)

[Healthy Eating with Diabetes](#)

(part 2 – 30 mins)

[Watch](#)

[Diabetes awareness](#)

10 mins

[Watch](#)

### Handouts

[Diabetes Fact Sheet](#)

[Healthy Snack Suggestions](#) (listed on webpage)

[Cholesterol and diabetes](#)

[Foot Care: A step forward good health](#)

[ABCDESSS of staying healthy with diabetes](#)

[Just the basics](#)

[Glycemic Index](#)

[Sugar and sweeteners](#)

[Understanding food labels in Canada](#)

[Alcohol](#)

[Physical activity](#)

[Goal Calendar](#)

[Starting self-monitoring blood sugars](#) (video, 3m51s)

### Frequently asked questions

Here are some common questions we have from patients after attending our webinar:

#### Q: Where can I learn more about the Glycemic index?

A: Diabetes Canada has a 51 minutes recorded webinar about the Glycemic Index. [Click here](#) to view the video.

#### Q: I would like to learn more about reading labels. Is there any webinar available about this?

A: Our team has created a short recorded video (10 minutes) about reading labels. [Click here](#) to view the video.

*“I was determined to share my positive approach and not let diabetes stand in the way of enjoying my life”*

*-Paula Deen*

### For other health related webinars:

[Credit Valley Family Health Team Workshops](#)

[Maximize Your Health Workshops](#)

[Virtual fitness classes - Mississauga City](#)

### Useful websites:

- [Diabetes Canada](#)
- [UnlockFood.ca/diabetes](#)

