



DIABETES 101 SERIES: WHAT IS DIABETES? JANUARY 23, 2019 13:30- 14:30

This first session in the series looks at the big picture of diabetes. Participants will learn some basic information about diabetes and its complications. People will be also be introduced to the rest of the Diabetes 101 series.

Learning Outcomes:

1. Understand what diabetes and prediabetes are
2. Understand the risk factors for diabetes
3. Understand the basic prevention and management strategies for diabetes and its complications
4. Know where you can get help

Presented By: Kathleen Gibson RD CDE

Kathleen Gibson is a Registered Dietitian with Indigenous Services Canada. Kathleen has lived with type 1 diabetes for more than 24 years, and is a Certified Diabetes Educator. Some of you may remember her from the time of SLICK! She is passionate about helping other people with diabetes live well and in a good way. Kathleen is grateful to work with you on this project.

Session 1 of 10 in the
Diabetes 101 series

To register for this session
visit the First Nations
Telehealth Network Portal at
www.fntn.ca

This session will be recorded
and available for future
viewing on the First Nations
Telehealth Network Portal

Audio lines and live
streaming will be available
for those who cannot attend
via videoconference

Subscribe to the First
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to receive all information on
the Diabetes 101 series

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