



DIABETES 101 SERIES

MANAGEMENT

ACTIVE LIVING 101

APRIL 11, 2019
13:30 – 15:00

The fifth session of Diabetes 101 takes at how physical activity can help prevent and manage diabetes and prediabetes.

Learning Outcomes

1. Understand what active living means
2. Understand how being active helps prevent and manage diabetes
3. Understand the barriers to being active
4. Identify strategies to promote active living
5. Know where to 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.

Previous Sessions: Have you missed any of the other sessions in the Diabetes 101 series? Visit the Diabetes 101 series page on the FNTN portal. The series page offers quick access to any recorded videos and handouts in the series.

Session 5 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
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Audio lines and live
streaming will be available
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via videoconference

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

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