

Victoria Diabetes Education Centre

Victoria Diabetes Education Centre offers individual appointments, classes and group sessions.

Contact us:

Royal Jubilee Hospital

D&T Building, Clinic 7

1952 Bay Street, Victoria, BC V8R 1J8

Phone: 250.370.8322

Fax: 250.370.8357

In-person group sessions are held in-frequently. For access to regular classes (offered virtually), please contact Community Virtual Care [Community Virtual Care | Island Health](#)

South Island: 1-888-533-2273

Central Island: 1-877-734-4101

North Island: 1-866-928-4988

Classes/Group Sessions

START NOW (2 HOURS)

For people diagnosed with Pre-diabetes.

Overview of type 2 (what is happening in the body, risk factors, diagnosis)	Management strategies (physical activity, stress reduction, smoking cessation)
Nutrition (Carbohydrates, protein, fat , meal balance, glycemic index, fibre, portion control, weight management, sugar/sweeteners, meal timing, moderation of treats/alcohol)	

LIVING WELL (2 HOURS)

For people diagnosed with Type 2 diabetes.

Overview of type 2 (what is happening in the body, risk factors, diagnosis)	Management strategies (physical activity, stress reduction, smoking cessation)
Blood sugar targets (blood sugar monitors are not provided during this class)	Staying healthy with diabetes (blood tests that should be done regularly, overview of possible complications)
Carbohydrates, protein, fat , meal balance, glycemic index, fibre, portion control, weight management, sugar/sweeteners, meal timing, moderation of treats/alcohol.	