Alberta Health Services

August 2016 CDM Patient Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	STAT	DM Meal Plan SCH 1300-1600 CC3 SCH 0900-1130 Eating Away NECHC 1800-2030	TC Daily PRO 1800-2030 Toolkit WJP 1800-2030 Getting Started WJP 0900-1130 Stress 2 EEHC 0900-1130	PA Diabetes EEHC 1330-1600 How EEHC 1330-1600	DM Healthy Eat SCH 1300-1600 Top 5 Tips WJP 0900-1130 PA MM WJP 1330-1600 TC Daily SCH 0900-1130	
7	8	9	10	11	12	13
	Heart Health 1 NG 0900-1130 DM Meal Plan EEHC 0900-1200 Insulin JHL 1800-2030 CC1 NECHC 1800-2030	Toolkit PRO 1800-2030 PA MM STCH 0900-1130 Getting Started NECHC 1800-2030 TC Daily SCH 1330-1600 Eating Away STCH 1800-2030	Stress 1 WJP 1800-2030 PA MIH WJP 0900-1030	DM Healthy Eat EEHC 1300-1600 TC Daily EEHC 0900-1130 BSB JHL 1800-2030 How EEHC 1330-1600	HESH WJP 0900-1130 Foot Care EGH 0900-1100	Truth PRO 1330-1600 Top 5 Tips PRO 0900-1130
14	15	16	17	18	19	20
	Heart Health 2 NG 0900-1130 How STCH 1330-1600 CC2 NECHC 1800-2030	Truth EEHC 0900-1130 TC Daily SG 0900-1130 DM Healthy Eat SG 1300-1600 CC1 PRO 1800-2030	Top 5 Tips STCH 1800-2030 Stress 2 WJP 1800-2030	HESH EEHC 1330-1600 PA MM PRO 1800-2030	Getting Started PRO 1330-1600 Eating Away WJP 1330-1600 DM Healthy Eat STCH 0900-1200 PA Diabetes STCH 1330-1600 DM Meal Plan NG 1300-1600	TC Long Term STCH 0900-1130 Stress 1 NECHC 0900-1130
21	22	23	24	25	26	27
	CC3 NECHC 1800-2030 Truth STCH 1330-1600	Top 5 Tips EEHC 1330-1600 How NECHC 1800-2030 Toolkit SG 1330-1600 Prediabetes EGH 1300-1600 CC2 PRO 1800-2030 PA Diabetes NG 1330-1600		Insulin PRO 0900-1130 Getting Started STCH 1800-2030 Foot Care STCH 1830-2030 TC Daily PRO 1800-2030	Eating Away SG 1330-1600 Stress 1 EEHC 0900-1130 DM Healhty Eat SCH 0900-1200	DM Healthy Eat PRO 1300-1600 Stress 2 NECHC 0900-1130 TC Daily PRO 0900-1130
28	29	30	31			
	DM Healthy Eat PRO 1800-2100 Foot Care SCH 0900-1100 Eating Away EEHC 0900-1130	Getting Started SCH 0900-1130 CC3 PRO 1800-2030 TC Daily WJP 1800-2030 Truth NECHC 1800-2030				

Class dates and locations are subject to change. Registration is required. Call 780-401-BOOK (2665)

LOCATIONS

EEHC	**East Edmonton Health Centre** 7910-112 Ave, Edmonton Conference Room 1, 2, 4, 5 or 6
EGH	**Edmonton General Hospital** 11111 Jasper Ave, Edmonton Room 2R06, 2R07, 2R08 or 2R09
GNH	**Grey Nuns Hospital** 1100 Youville Dr W NW, Edmonton Room 0647 or 3021
JHL	**Royal Alexandra Hospital** 10405-111 Ave, Edmonton Community Services Centre Jean Hamilton Lounge (Room 150)
LHC	**Leduc Community Health Centre** 4219 – 50 St, Leduc Large Boardroom
NECHC	**North East Community Health Centre** 14007-50 St, Edmonton Spencer Room
NG	**Northgate Health Centre** 2020 Northgate Centre 9499 – 137 Ave, Edmonton Room 207
PRO	**Providence Renewal Centre** 3005-119 St, Edmonton Large Boardroom
SG	**Spruce Grove Health Unit** 505 Queen St, Spruce Grove Room 104 and Room 110
SCH	**Sturgeon Community Hospital** 201 Boudreau Rd, St. Albert Room 249 Diabetes Education Centre
SPCN	**Edmonton Southside Primary Care** 3110 Calgary Trail Room A, B, B
STCH	**Strathcona Community Hospital** 9000 Emerald Dr, Sherwood Park Conference Room A or B
WJP	**West Jasper Place** 9720-182 St, Edmonton Inspiration Room

Health Education

BSB – Bariatric Surgery Basics
CC1, CC2 & CC3 – Craving Change (Please register for the complete series in sequence)
Heart Health 1 & 2 (Please register for the complete series in sequence)
HESH – Healthy Eating Starts Here: Steps to a Healthier You
PA MIH – Physical Activity: Making it Happen
PA MM – Moving Matters: Including Physical Activity in Your Day
Stress 1 & 2 – Minding Stress: Effectively Reduce and Manage the Stress in Your Life (Please register for the complete series in sequence)
Toolkit – Lifestyle Change: A Toolkit for Success

Diabetes Management

DM Healthy Eat – Diabetes: Healthy Eating
DM Meal Plan – Diabetes: Meal Planning
Foot Care – Foot Care and Diabetes
Insulin – Insulin for Type 2 Diabetes
PA Diabetes – Physical Activity and Type 2 Diabetes
Prediabetes
TC Daily – Taking Charge: Daily Management of Type 2 Diabetes
TC Long Term – Taking Charge: Long Term Management of Type 2 Diabetes

Weight Management

Eating Away – Nutrition: Eating Away from Home and During Special Occasions
Getting Started – Getting Started: Planning for Success
How – Nutrition: I know I Should Eat Healthy, But How?
Top 5 Tips – Nutrition: The Top 5 Tips to Reduce Calories
Truth – Nutrition: The Truth about what works in Weight Management

Last updated 7/20/2016

Alberta Health Services

September 2016 CDM Patient Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				DM Meal Plan WJP 1300-1600 PA MM NG 1330-1600 Top 5 Tips PRO 0900-1130	HESH PRO 0900-1130 How WJP 1330-1600 Stress 2 EEHC 0900-1130	
4	5	6	7	8	9	10
	STAT	TC Long Term PRO 1800-2030 DM Healthy Eat SPCN 1300-1600 Truth JHL 1800-2030 BSB SPCN 1330-1600 Stress 1 NECHC 1800-2030 TC Daily SPCN 0900-1130	CC1 JHL 1800-2030 Heart Health 1 EEHC 0900-1130	HESH PRO 1800-2030 Toolkit WJP 1800-2030 PA MIH NG 1430-1600 Eating Away STCH 1330-1600 TC Daily EEHC 09:00-1130	How EEHC 0900-1130 Getting Started SPCN 1330-1600 Top 5 Tips STCH 1330-1600 DM Healthy Eat EEHC 1300-1600	Stress 1 PRO 0900-1130 PA MM NECHC 0900-1130
11	12	13	14	15	16	17
	TC Daily PRO 1800-2030 Foot Care SPCN 0900-1100 Getting Started WJP 1800-2030 DM Meal Plan SPCN 1300-1600	DM Healthy Eat EEHC 1300-1600 How JHL 1800-2030 Stress 2 NECHC 1800-2030 Toolkit NG 0900-1130	CC1 NG 0900-1130 Heart Health 2 EEHC 0900-1130 CC2 JHL 1800-2030	Top 5 Tips EEHC 0900-1130 Truth PRO 1330-1600 PA MIH STCH 1830-2000 PA Diabetes STCH 1800-2030	Prediabetes STCH 0900-1200 Getting Started EEHC 0900-1130 Eating Away PRO 1330-1600 PA MM PRO 1330-1600	Stress 2 PRO 0900-1130 DM Healthy Eat JHL 1300-1600
18	19	20	21	22	23	24
	HESH EEHC 0900-1130 Stress 1 STCH 0900-1130 Foot Care JHL 1830-2030	TC Daily NG 0900-1130 Top 5 Tips SPCN 1800-2030 PA MM STCH 1800-2030 DM Healthy Eat NECHC 1800-2100	CC2 NG 0900-1130 CC3 JHL 1800-2030	DM Meal Plan EEHC 0900-1200 Toolkit PRO 1330-1600 CC1 PRO 1800-2030 Truth NG 0900-1130 Insulin PRO 1330-1600	TC Long Term EEHC 0900-1130 PA Diabetes SPCN 1330-1600 Getting Started SG 1330-1600	Eating Away SPCN 1330-1600 DM Healthy Eat PRO 0900-1200 How SPCN 0900-1130
25	26	27	28	29	30	
	How SCH 0900-1130 HESH STCH 1330-1600 Toolkit STCH 1800-2030 Stress 2 STCH 0900-1130 Foot Care NG 1400-1600	TC Daily SCH 0900-1130 Eating Away NECHC 1800-2030 DM Healthy Eat SCH 1300-1600	CC3 NG 0900-1130 Prediabetes EGH 0900-1200	CC2 PRO 1800-2030 TC Long Term SPCN 1800-2030 TC Daily STCH 1800-2030	Truth EEHC 1330-1600 Top 5 Tips WJP 0900-1130 DM Meal Plan SCH 0900-1200	

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