

Program schedule

You must call to register for class. No drop-ins allowed. Class size is limited

CLASS SCHEDULE SUBJECT TO CHANGE.

GETTING STARTED CLASSES

For those newly diagnosed with diabetes. We review the basics of diabetes to help you 'get started' in living with diabetes. Getting Started Classes are offered as two 3 hour classes (Class "A" and Class "B"). People are advised to attend both classes.

These classes are available at all 5 Provincial Diabetes Program Sites.

Charlottetown Diabetes Program. Please call 368-4959 to register.

	Class A	Class B
DECEMBER, 2009	Monday, December 7 th	Monday, December 14 th
	Tuesday, December 15 th	Monday, December 21 st
JANUARY, 2010	Wednesday, January 6 th	Thursday, January 7 th
	Monday, January 11 th	Friday, January 22 nd
	Monday, January 25 th	Friday, January 29 th
FEBRUARY, 2010	Wednesday, February 3 rd	Wednesday, February 10 th
	Monday, February 8 th	Thursday, February 11 th

	Wednesday, February 17 th	Friday, February 26 th
MARCH, 2010	Wednesday March 3 rd	Monday, March 15 th
	Wednesday, March 17 th	Tuesday, March 23 rd
	Monday, March 29 th	Wednesday, March 31 st
APRIL, 2010	Wednesday, April 7 th	Wednesday, April 14 th
	Thursday, April 15 th	Monday, April 19 th
	Friday, April 23 rd	Friday, April 30 th
MAY, 2010	Wednesday, May 5 th	Thursday, May 13 th
	Monday, May 17 th	Wednesday, May 19 th
	Friday, May 28 th	Monday, May 31 st
JUNE, 2010	Wednesday, June 2 nd	Tuesday, June 8 th
	Monday, June 14 th	Thursday, June 17 th
	Monday, June 21 st	Wednesday, June 30 th
JULY, 2010	Wednesday, July 7 th	Thursday, July 15 th
	Monday, July 19 th	Wednesday, July 21 st
	Monday, July 26 th	Friday, July 30 th
AUGUST, 2010	NO CLASSES	
SEPTEMBER, 2010	Wednesday, September 1 st	Tuesday, September 7 th
	Wednesday, September 15 th	Thursday, September 23 rd
	Friday, September 24 th	Wednesday, September 29 th
OCTOBER, 2010	Tuesday, October 5 th	Wednesday, October 6 th
	Wednesday, October 13 th	Monday October 18 th

	Monday, October 25 th	Friday, October 29 th
NOVEMBER, 2010	Monday, November 1 st	Wednesday, November 3 rd
	Wednesday, November 17 th	Monday, November 22 nd
	Friday, November 26 th	Tuesday, November 30 th
DECEMBER, 2010	Wednesday, December 1 st	Wednesday, December 8 th
	Monday, December 13 th	Tuesday, December 21 st

Summerside Diabetes Program. Please call 888-8368 to register

	Class A	Class B
DECEMBER, 2009	Tuesday, December 1 st	Tuesday, December 8 th
JANUARY, 2010	Tuesday, January 5 th	Tuesday, January 12 th
FEBRUARY, 2010	Tuesday, February 2 nd	Tuesday, February 9 th
MARCH, 2010	Tuesday, March 2 nd	Tuesday, March 9 th
APRIL, 2010	Tuesday, April 6 th	Tuesday, April 13 th
MAY, 2010	Tuesday, May 4 th	Tuesday, May 11 th
JUNE, 2010	Tuesday, June 1 st	Tuesday, June 8 th
JULY, 2010	Tuesday, July 6 th	Tuesday, July 13 th
AUGUST, 2010	NO CLASSES	
SEPTEMBER, 2010	Tuesday, September 7 th	Tuesday, September 14 th
OCTOBER, 2010	Tuesday, October 5 th	Tuesday, October 12 th

NOVEMBER, 2010	Tuesday, November 2 nd	Tuesday, November 9 th
DECEMBER, 2010	Tuesday, December 7 th	Tuesday, December 14 th

O’Leary Diabetes Program. Please call 888-8368 to register

	Class A	Class B
JANUARY, 2010	Thursday, January 7 th	Thursday, January 14 th
APRIL, 2010	Thursday, April 1 st	Thursday, April 8 th
JULY, 2010	Thursday, July 8 th	Thursday, July 15 th
OCTOBER, 2010	Thursday, October 7 th	Thursday, October 14 th

Souris Diabetes Program. Please call 687-7049 to register

	Class A	Class B
2010 SCHEDULE TO BE DECIDED		

Montague Diabetes Program. Please call 838-0787 to register

	Class A	Class B
DECEMBER, 2009	Tuesday, December 8 th	Tuesday, December 22 nd
JANUARY, 2010	Tuesday, January 19 th	Tuesday, January 26 th
FEBRUARY, 2010	Tuesday, February 9 th	Tuesday, February 16 th
MARCH, 2010	Tuesday, March 2 nd	Tuesday, March 16 th
APRIL, 2010	Tuesday, April 13 th	Tuesday, April 20 th
MAY, 2010	Tuesday, May 4 th	Tuesday, May 18 th
JUNE, 2010	Tuesday, June 1 st	Tuesday, June 15 th
JULY, 2010	Tuesday, July 13 th	Tuesday, July 27 th
AUGUST, 2010	NO CLASSES	
SEPTEMBER, 2010	Tuesday, September 14 th	Tuesday, September 28 th
OCTOBER, 2010	Tuesday, October 5 th	Tuesday, October 19 th
NOVEMBER, 2010	Tuesday, November 9 th	Tuesday, November 23 rd
DECEMBER, 2010	Tuesday, December 7 th	Tuesday, December 14 th

[“AT RISK” CLASSES](#)

This 3 hour class will discuss healthy living approaches which will help you reduce risk factors for developing type 2 diabetes. Classes schedule listed below are for Charlottetown

and Summerside only. Montague, Souris and O'Leary clinics offer "At Risk" group classes as needed but can also provide individual one on one appointments.

Charlottetown Diabetes Program. Please call 368-4959 to register.

TUESDAY, JANUARY 5, 2010
MONDAY, MARCH 8, 2010
MONDAY, MAY 10, 2010
MONDAY, JULY 12, 2010
MONDAY, SEPTEMBER 20, 2010
MONDAY, NOVEMBER 15, 2010

Summerside Diabetes Program. Please call 888-8368 to register

MONDAY, DECEMBER 7 TH , 2009
MONDAY, MARCH 22, 2010
MONDAY, JUNE 21 ST , 2010
MONDAY, SEPTEMBER 20 TH , 2010
MONDAY, DECEMBER 13 TH , 2010