

Group Diabetes Program



Wellness
GARAGE

Lifestyle Medicine Clinic



Lifestyle Medicine program to give people the knowledge and support they need to tackle the key lifestyle behaviors that will help to reverse the process underlying their diabetes.

6 week
group
medical visit
program
delivered
virtually

New
Program
Starts Every
8 Weeks
Tuesday's from
4:30 to 5:30pm

All sessions
will have time for
group interaction
as well as Question
& Answer.

TOPICS INCLUDE:

- Evidence that Diabetes can be reversed through Lifestyle Medicine approach to Diabetes
- How to think about Diabetes?
- Diabetes and Medications
- Diabetes and Food
- Diabetes and Exercise
- Diabetes and Sleep
- Diabetes and Stress
- Putting it all together - How to stack small habits into sustainable change

Sessions will be led by **Dr. Brendan Byrne**, Medical Director, Wellness Garage Lifestyle Medicine Clinic, Diplomate American Board of Lifestyle Medicine and **Jess Pirnak**, Registered Dietician.

Group Capacity

25 people

Cost

100% covered by MSP
Group Medical Visits

Medical Referral

Required



Call (604) 535-7010 or email diabetes@wellnessgarage.ca to register