



For More Information on...

Prediabetes and Diabetes Information and Resources

Diabetes Canada – diabetes.ca or 1-800-Banting

American Diabetes Association – diabetes.org

St. Joseph's Diabetes Education Centre - sjhc.london.on.ca/diabeteseducation

Easy to Use Nutrition Information

Includes shopping tips, sample menus, recipes, and other healthy eating resources.

Dietitians of Canada – dietitians.ca

Unlock Food – unlockfood.ca

Canada's Food Guide – canada.ca/foodguide

Heart and Stroke - heartandstroke.ca

Glycemic Index – glycemicindex.com

Pulse Canada - pulsecanada.com/resources

Physical Activity

In Motion – inmotion4life.ca

Spectrum – london.ca/playyourway or 519-661-5575

Canadian Centre for Activity and Aging uwo.ca/actage or 519-661-1603

Health Care Services and Professionals

Telehealth Ontario – 1-866-797-0000

South West Self-Management Program Workshops – swselfmanagement.ca or 519-421-5691

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

