

Mission Statement:

We are the Kamloops North Shore Diabetes Education Program. We provide information on all aspects of how to care for diabetes. We promote self management to enhance your quality of life and to reduce the risk of developing diabetes complications.



Our program professionals include:

- **Registered Nurse**
- **Registered Dietitian**
- **Social Worker**

Diabetes & Nutrition Education

We are a team whose vision is to offer expertise, education and support for the awareness, prevention, and self management of diabetes.

North Shore Health Science Center Community Care Services

2nd floor, 376 Tranquille Road
Kamloops BC V2B 3G6

Phone: 250-312-3280 (OPTION 3)
Fax: 250-312-3281
Web: www.interiorhealth.ca

Hours: Monday to Friday
8:00a.m. to 4:00 p.m.

Additional Information


www.diabetes.ca


<https://www.healthlinkbc.ca>

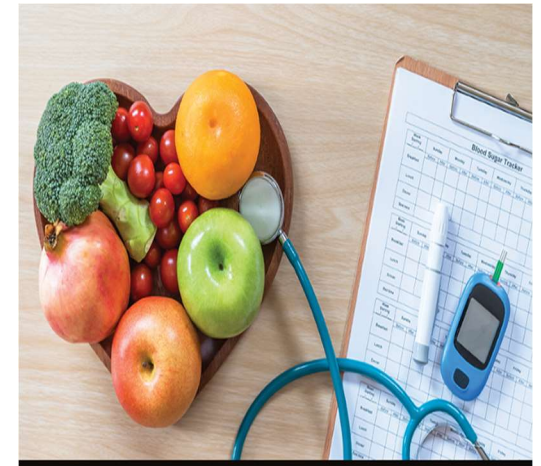
Call 811

- Nurse Line
- Dietitian Services
- Pharmacist Services



North Shore Diabetes Education Kamloops, BC

Located in the North Shore Health Science Center



www.interiorhealth.ca

We help anyone who has:

- Type 2 Diabetes
- Type 1 Diabetes: Adult
- Prediabetes

Learn about diabetes

We can teach you how to manage your diabetes through:

- Nutrition
- Exercise
- Medication
- Blood sugar monitoring
- Insulin pens



The services provided at the Diabetes Education Centre are funded by Interior Health:

- Practical advice and support
- Diabetes management recommendations to health care professionals
- Private appointments
- Certification for blood sugar test strips

Classes

Classes are fun and informative! We emphasize building self management skills for living well with diabetes. Classes are held in person at our North Shore Clinic.

Private appointments

Talk with a Registered Nurse or Registered Dietitian at our clinic. Appointments must be pre-booked. Telephone, virtual and in-person options are available.



How to get started

Ask your doctor for a referral.

Self-referrals are also accepted for classes and for private appointments with a Registered Nurse or Registered Dietitian.

SELF STUDY/ONLINE VIDEOS

Interior Health has a video series available to view on Type 2 Diabetes. www.youtube.com

Search: Interior Health Understanding Adult Type 2 Diabetes (16 short videos)