

## EARLY DIAGNOSIS IS IMPORTANT

Have your health provider perform a  
diabetes screening test today!

### Signs that May Indicate Diabetes

- Lack of energy
- Unusual and extreme thirst
- Frequent urination
- Blurred vision
- Unusual weight loss
- Frequent infections
- Cuts and bruises that heal slowly

### Management of Diabetes Includes

- An active lifestyle
- Making healthy food choices  
more often
- Reducing stress
- Reducing or quitting  
smoking tobacco

# 1-807-697-1753

### DELIVERY SITES:

Provincially available  
across Ontario



Scan QR to view the  
full listing of ONWA locations

[onwa.ca/contact-us](http://onwa.ca/contact-us)



Telephone: 1-800-667-0816

Email: [onwa@onwa.ca](mailto:onwa@onwa.ca)

Hours of Operation: Monday - Friday, 9am - 5pm

Social Media:

[www.onwa.ca](http://www.onwa.ca)



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## Indigenous Diabetes Education Program

# 1-807-697-1753





## Program Overview

The goal of the Indigenous Diabetes Education Program is to increase awareness by providing Indigenous women and their families with information, resources and support to control and prevent diabetes within Indigenous communities.

## Objectives

- Increase awareness of diabetes and its affect on Indigenous people and their communities
- Develop and implement education programs for diabetes awareness
- Develop and provide resources in a culturally appropriate manner

## Services Offered

All activities carried out by the program are grounded in a cultural foundation.

The Diabetes Education Program Coordinator provides services provincially and focuses on prevention and education activities that include:

- Workshops for Service Providers that focus on the prevention and management of diabetes
- Gestational Diabetes information sharing sessions and presentations for Indigenous women and their families
- Workshops and educational activities about diabetes that are designed specifically for Indigenous women and their families.
- Increase knowledge of traditional foods as healthy alternatives
- Information and resource development and distribution, including: nutritional cookbooks, educational brochures, and pamphlets
- Basic foot care information sessions



## Mocc Walk

**get active • get fit • have fun**

ONWA's "Mocc Walk" is an exercise challenge, that occurs every year from May to June, to increase awareness about diabetes and support physical activity amongst Indigenous women and their families across Ontario.

