



Central Okanagan Diabetes and Obesity Resources



THE UNIVERSITY OF BRITISH COLUMBIA



Scan this QR code to explore an interactive map of local diabetes education and management

Free Diabetes Resources

Diabetes Canada

Global organization that raises diabetes awareness, provides easy access to opportunities that allow people to connect to their community through volunteering

- Provides information about all type of diabetes and how to manage it.
- Offers periodic local events to promote diabetes awareness

Who can attend?

Anyone

360-1385 West 8th Avenue
Vancouver, BC V6H 3V9
1.800.665.6526
www.diabetes.ca

Canadian Diabetes Association Interior Regional Office

Offers education, advocates on behalf of individuals with diabetes, supports research and translates research into practical application.

- Provides an informative and interactive website with aspects relating to diabetes management, and ways to give, volunteer and advocate.
- Learning series presentations are available to any group size and educational events with special guest speakers are planned throughout the year.
- Offer youth and family camps, and a large selection of brochures and cookbooks are available at the office.

Who can attend?

Individuals with diabetes and their families

1589 Sutherland Avenue
Kelowna, BC V1Y 5Y7
250.762.9447
Mon - Fri, 10am - 2pm

Interior Health Authority Diabetes Education Program

Assists individuals through education and clinical support to manage their diabetes and reduce risk of complications.

- Offers appointments and drop-in sessions with a Nurse or Dietician.
- Programs include Getting Started Classes, individual assessments, Staying on Track, Refresher Class, Pre-Diabetes Class, and Gestational Diabetes one-to-one counselling and classes.

Who can attend?

Individuals diagnosed with either Type 1, Type 2, Gestational, or Pre-Diabetes elevated blood sugar levels. Referral is preferred but not required unless individual is beginning or adjusting insulin intake.

01. Community Health Services Center
505 Doyle Ave
Kelowna, BC V1Y 6V8
250.469.7070

Appointments available:
Mon-Fri, 9:00am-3:00pm
Drop-in sessions available:
Fri, 2:00pm-3:30pm & Tue, 1:00pm-8:30pm

02. May Bennett Wellness Center
135 Davie Road
Kelowna, BC V1X 1Y8
250.980.1400

Appointments available:
Thu and Fri, 8:30am-4:00pm

Drop-in sessions available:
Thu, 2:30pm-3:30pm

03. 200-1835 Gordon Drive
Kelowna, V1Y 3H4
250.980.1406
Mon-Fri 8:30am-4:00pm
www.interiorhealth.ca

Shoppers Drug Mart

A pharmacy and grocer that offers medication reviews and online diabetes education services including articles about the various types of diabetes, diabetes care, nutrition and exercise to control diabetes, and managing diabetes.

Who can attend?

Anyone

01. 100-25 Highway 97
West Kelowna, BC V1Z 4C9
Mon-Fri, 8am-10pm
250.769.7012

02. 597 Bernard Avenue
Kelowna, BC V1Y 6N9
Tue - Sat, 8am - 9pm
Mon & Sun, 10am - 6pm
250.763.1232

Other locations in Downtown Kelowna, Mission, Lakeshore, West Kelowna, Black Mountain, and Rutland

www.shoppersdrugmart.ca

Fee for Service Diabetes Resources

London Drugs Diabetes Management Clinic

Pharmacy partnering with Certified Diabetes Educators which assist individuals living with diabetes manage their disease and guide them through recommendations for therapy.

Offers one-on-one consultations tailored to individual needs regarding blood sugar testing, foot care, eating well, and getting enough physical activity.

Who can attend?

Those with type 2 diabetes

2151 Louie Drive

Westbank, BC V4T 3E6

Mon-Sat, 9am-10pm & Sun, 10am-8pm

250.707.2360

The Medicine Shoppe Pharmacy

Offer diabetes clinics for individuals to ask questions and talk about diabetes control, and offer A1C diabetes tests by Certified Diabetes Educators for individuals to check glucose control over the past few months.

Who can attend?

Individuals with diabetes.

Medicine Shoppe Pharmacy

105 - 3957 Lakeshore Road

Kelowna, BC V1W 1V3

Mon - Fri, 9am - 6pm

778.477.3811

www.medicineshoppekelowna.ca

Active Care Health:

Registered Dietician Services

Active Care Health is a comprehensive health centre offering a unique clinical wellness model to help individuals move toward optimal health and sustainable wellness.

The Registered Dietician service provides help with prevention or management of diabetes and other conditions, and includes a comprehensive nutrition assessment, personal nutrition recommendations based on the client's goals, preferences, nutrition needs and lifestyle choices, and offers continued support to help clients reach their goals.

Who can attend?

General public

1234 St. Paul Street

Kelowna, BC V1Y 2E1

Mon & Fri, 8:30am - 6pm, Wed, 7:30am - 6pm,

Tue & Thu, 8:30am - 5pm, & Sat, 9am - 1pm

250.861.6151

www.activecarehealth.com

Dr. Emina Jasarevic Naturopathic Physician

Provides testing for diabetes and pre-diabetes using blood tests including HbA1c, 2-hour post-prandial glucose and insulin, fasting blood sugar and insulin, fasting cholesterol, and glucose tolerance test. Every patient is given a customized naturopathic treatment plan to help them regulate blood sugar, lower insulin, restore metabolic function, and reduce symptoms of diabetes.

Who can attend?

General public

302-1630 Pandosy Street

Kelowna, BC V1Y 1P7

Mon-Wed, 9am-5pm & Fri, 9am-5pm

www.dremina.com

Choices Markets Reversing Diabetes Lunch & Learn

Choices Markets is a Grocer that offers nutrition education and services to help individuals live healthy.

Services include:

- Nutrition consultants
- Educational seminars
- Lunch and learns which involve evidence-based and practical information on a range of topics including reversing diabetes

Who can attend?

Anyone

1937 Harvey Avenue
Kelowna, BC V1Y 6G6
Daily 8am-9pm
250.862.4864
www.choicesmarkets.com/department/nutrition

Save-On-Foods

Pharmacy offers diabetes management services to help with the health needs of individuals living with diabetes. Provide appointments for:

- Personal risk assessment
- Blood glucose testing
- Preventative lifestyle tips
- Medication check-ups

Who can attend?

Anyone

01. Orchard Plaza 101-1876 Cooper Road
Kelowna, BC
Daily 8am-10pm
250.763.5510

02. Glenmore 115-1972 Kane Road
Kelowna, BC
Daily 8am-9pm
250.712.9581

www.saveonfoods.com/diabetes-management-services/

Phoenix Medical Fitness

A health and fitness facility striving to provide the best services to help clients get to where they want to be with their health and fitness goals.

Provide:

- Diabetes Exercise and Education program involving safe and effective exercise for diabetics
- Education regarding continuing care of the disease.

Who can attend?

Anyone

1177 Sutherland Avenue
Kelowna, BC V1Y 5Y2
250.212.7335
www.phoenixfitnesskelowna.ca

Get to Target Diabetes Management

An exercise program for individuals with diabetes to improve blood glucose, lower A1C, decrease body fat and reduce risk of heart disease. Get to Target helps those with diabetes live active, independent and vital lives by managing their condition with regular exercise and lifestyle changes.

Who can attend?

Individuals with diabetes

5-1455 Harvey Avenue
Kelowna, BC V1Y 6E9
Mon, Wed, Fri, 8:30am-1pm
Tue & Thu, 8:30am-11:30am & 3pm-8pm
Sat 8:30am-12pm
250.869.8088
www.livewellclinic.ca

YMCA Exercise is Medicine Program

Initiative created to reward and encourage more individuals to exercise as a proactive health measure as exercise is proven to be one of the most effective and safe ways to prevent and treat many chronic diseases including diabetes, heart disease, and more.

The program includes a facility orientation and brief health and exercise readiness assessments, a

YMCA personal coach will help you begin the clinically proven exercise adherence program and provide you with the guidance and support you need to stick with exercise long-term.

Who can attend?

Individuals with a doctor's prescription for exercise to prevent disease, and a YMCA membership.

01. 4075 Gordon Drive
Kelowna, BC V1W 5J2

02. 1011-505 Doyle Avenue
Kelowna, BC V1Y 6V8

03. 375 Hartman Road
Kelowna, BC V1X 2M9

250.491.9622
www.ymcaokanagan.ca

Sun Life & Okanagan Boys and Girls Club Dunk for Diabetes

A national initiative partnering to increase type 2 diabetes awareness and prevention by encouraging healthy habits through basketball inspired fitness challenges and nutrition education.

Participants compete in weekly basketball-themed fitness and nutrition challenges over a four-week period.

Who can attend?

Youth aged 7-12

1434 Graham Street
Kelowna, BC V1Y 3A8
250.762.3914

Dr. Neil Brown

A foot specialist service that provides diabetic foot care, general education regarding foot health, and information about preventing future foot problems.

Foot care includes shoe wear, hygiene practices, blood flow assessments and protective sensation assessments.

Who can attend?

Anyone

16-1710 Ellis Street
Kelowna, BC V1Y 2B5
Mon, Wed-Thu, 9:00am-4:00pm &
Tue, 9:00am-2:00pm
778.484.2284
www.kelownafootdoctor.com

Orchard City Foot Care

Provides diabetic foot care services and general foot health education for individuals living with diabetes to prevent foot problems, provide self-care strategies at home, and maintain independent, active lives.

Who can attend?

Anyone

01. #100-1972 Kane Road
Kelowna, BC V1V 3C4
Thu, 9:30am-4:30pm

02. #104-1824 Gordon Drive
Kelowna, BC V1Y 0E2
Wed, 9:30am-4:30pm
250.317.4153

www.orchardcityfootcare.ca

The Foot Nurse

Provides basic yet essential information about foot care so that individuals with diabetes can be mobile, independent, and enjoy an active lifestyle.

Licensed nurses offer mobile medical pedicures to Kelowna, West Kelowna, Lake Country, and Vernon.

Who can attend?

Anyone

511 Klassen Road

Kelowna, BC V1X 7P3
Mon-Sat, 8am-6:30pm
250.491.4220
www.kelownafootnurse.com

OKAPED Pedorthist Clinic

The leading Pedorthic Clinic in the Okanagan dealing with a wide range of foot, ankle, leg and knee conditions for their customers.

OKAPED diabetic foot treatment aims to relieve areas of excessive plantar pressures, reduce shock and horizontal movement of the foot within the shoe while accommodating deformities by stabilizing and supporting the foot, and educating clients regarding proper shoe selection and fit.

Who can attend?

Anyone

01. 105 - 2900 Pandosy Street

Kelowna, BC V1Y 1V9
Mon, Wed - Fri, 9am - 5pm & Tue, 10am - 6pm
778.478.1600

02. 1963 Ambrosi Road

Kelowna, BC V1Y 4R9
Mon - Fri, 9am - 5pm
250.868.8665

03. 118 - 2476 Westlake Road

West Kelowna, BC V1Z 2V2
Mon - Thu, 9am - 5pm
250.769.8690
www.okaped.com

Kelowna Foot Clinic

Staffed with caring, competent and professional individuals, the Kelowna Foot Clinic is committed to providing the best possible treatment and care for patients experiencing any type of discomfort or disorder, and increasing the quality of life of their patients.

Provide treatment and education for diabetic foot problems including:

- Physical examinations
- Requests for x-rays, bone scans and other imaging studies
- Perform debridement and wound care
- Conduct laboratory tests, and initiate a total medical team approach if necessary
- Prescribe orthotics to off-load pressure areas on the foot

Who can attend?

Anyone

229 - 1634 Harvey Avenue

Kelowna, BC V1Y 6G2
250.762.3325
www.kelownafootclinic.com

Tutt Street Optometry

A Kelowna eye care practice committed to providing excellent eye care for the community by offering optometry and ophthalmology services in one location

Client services include diabetic eye exams for monitoring and management of diabetic eye disease and related complications.

Who can attend?

Anyone

2918 Tutt Street

Kelowna, BC V1Y 8Z5
Mon-Fri, 8am-5pm & Sat, 9am-4pm
778.760.4338
www.tutteyes.ca

Lake Country Optometry

Provides visual and ocular health services including comprehensive eye examinations, eye glasses, contact lenses and more. Lake Country Optometry offers general eye care, treatment and monitoring of related complications for individuals with diabetes.

Who can attend?

Anyone

#49-9522 Main Street

Lake Country, BC V4L 2L9

Mon-Fri, 9am-5pm & Sat, 9am-3:30pm

250.766.4240

www.lakecountryoptometry.ca

Nuvue Optometry

A premier clinic offering the most innovative solutions and technologies for patients in need of eye care services.

Nuvue optometry provides eye care services including eye exams, caring for eye emergencies, treating diabetic retinopathy and related complications, and more.

Who can attend?

Anyone

#112-1950 Harvey Avenue

Kelowna, BC V1Y 8J8

Mon, Tue, Thu, 9am-5pm & Wed 9am-7pm &

Sat 9am-4pm

778.484.1650

www.nuvueoptometry.ca

Glenmore Optometry

An optometry clinic providing customized eye care, precise high-tech eye exams, eyesight and ocular health examinations, and dry eye and eye disease treatments.

Eye care services include assessment and treatment for individuals with type 1, type 2, and gestational diabetes experiencing diabetic retinopathy.

Who can attend?

Anyone

#5-538 Yates Road

Kelowna, BC V1V 2V1

Mon, 9am-12:30pm & Tue, Thu, Fri, 9am-5pm &

Wed, 9am-6pm

236.420.4907

www.myglenmoreoptometry.ca

Vision Support Centre: Ocular Disease Diagnosis & Treatment

Utilizing cutting edge technology, the Vision Support Centre diagnoses, and manages with great precision disease like macular degeneration, cataracts and diabetic retinopathy.

Who can attend?

Anyone

330 BC - 33 #105

Kelowna, BC V1X 1X9

Mon - Thu, 9am - 5pm

855.559.2020

www.visionsupportcentre.ca

Orchard Park Optometry

Offers the full-scope of treatment options including comprehensive eye exams, treatment of infections, acute conditions, and eye diseases.

Services include diabetic eye exams for individuals with Type 1 or Type 2 diabetes. Eye doctors perform dilated retinal exams to check for signs of diabetic retinopathy and diabetic macular edema.

Who can attend?

Anyone

1536 - 2271 Harvey Avenue

Kelowna, BC V1Y 6H2

Mon & Tues, 9:30am - 6pm, Wed - Fri, 9:30am -

9pm, Sat, 9:30am - 5:30pm & Sun 11am - 4pm

250.762.2090

www.orchardparkoptometry.com

Visionfirst Optometry

Provide eye care including eye health testing and eye exams to ensure that each patient will experience clear, healthy vision. Offer information and services pertaining to diabetic retinopathy and other eye conditions.

Who can attend?

Anyone

01. 15 - 2475 Dobbin Road
West Kelowna, BC V4T 2E9
Mon - Fri, 8:45am - 5pm
250.768.4020

02. 102 - 160 Dougall Road South
Kelowna, BC V1X 3J4
Mon - Fri, 8:30am - 4:30pm
250.765.1424

www.visionfirst.ca

Mission Creek Optometry

Eye care clinic providing extensive eye care for patients of all ages, offering regular eye exams to help diagnose, prevent and treat a range of eye conditions that can have serious health implications if left untreated.

Offer Ocular Disease Management using the latest technology to effectively diagnose and help clients manage eye conditions such as diabetic retinopathy and others.

Who can attend?

Anyone

14 - 3818 Gordon Drive
Kelowna, BC V1W 3G8
Mon - Fri, 9am - 5pm
250.717.0086

www.missioncreekoftometry.com

Mona Vision Optical

An optometry centre that offers comprehensive eye exams that determine your prescription for eyeglasses or contact lenses, check your eyes for common diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of overall health.

Provides treatment for all ages, and for a range of conditions including glaucoma, diabetic retinopathy, cataracts and more.

Who can attend?

Anyone

100 - 3121 Hill Road
Lake Country, BC V4V 1G1
Mon - Fri, 9am - 5:30pm & Sat, 10am - 2pm
250.766.0555
www.monavisionoptical.com

BC Aboriginal Diabetes Conference

Conference to increase awareness and knowledge for health promotion, prevention and complications associated with diabetes.

Offers an atmosphere to network, share and liaise among Health Care Workers to promote and support healthy lifestyles. Provides culturally appropriate education for people with diabetes, their support persons, and Community Health Care Workers.

Conference Location Changes Annually
250.804.8332
www.bcadc.ca

Home Instead Senior Care: Diabetes Care

Highly trained CAREGivers help senior individuals manage Type 1 or Type 2 diabetes by delivering important home-care.

Services include:

- Prompting clients to check blood sugar levels regularly
- Document blood sugar results and encourage clients to follow doctor

recommendations for glucose results that are too high or low

- Implement an action plan if diabetic emergency arises
- Remind clients to take scheduled medications
- Plan and prepare well-balanced diets based on recommendations of doctors or diabetes educators
- Help schedule appointments, and encourage foot care to help reduce complications.

Who can attend?

Seniors with Type 1 or Type 2 diabetes

202 - 1449 St. Paul Street

Kelowna, BC V1Y 2E5

Locations served: Lake Country, Kelowna, West Kelowna, and Peachland

877.786.6249

www.homeinstead.ca

Free Obesity Resources

The Bridge Youth & Family Services Healthy Together Program

A not-for-profit, registered charity that provides programmes for children, youth and families of the Central Okanagan.

Services promote achievement and maintenance of healthy body weights in children. The Healthy Together program offers education sessions focusing on key themes such as family, food, activity, time, and money, and maintaining an active lifestyle.

Who can attend?

Children and youth aged 0-18 years and their families

8-2604 Enterprise Way

Kelowna, BC V1X 7Y5

Mon-Fri, 8:30am- 5:00pm

250.763.0456

www.healthy-together.ca

Health Link BC Eating & Activity Program for Kids

A telephone program that helps children, teens, and their families in British Columbia reach healthy weights and improve their overall health and quality of life. Families discuss their health priorities and gain new skills with the help of registered dietitians, who will focus on supporting behaviour changes for healthy eating, active living and lifestyle habits.

Who can attend?

BC residents between ages 0-18 and their families who are concerned they are above healthy weight. Registration through health care provider, referral or self-referral over the phone

Mon-Fri, 9am-5pm

www.healthlinkbc.ca

Kid Sport

A national organization that provides financial assistance for registration fees and equipment to youth aged 18 and under. KidSport provides grants to remove financial barriers and enable kids to play a season of sport.

Who can attend?

Youth aged 18 and under who apply for assistance

01. 645 Dodd Road
Kelowna, BC V1X 5H1
250.862.3327

02. 2760 Cameron Road
West Kelowna, BC V1Z 2T6
778.797.8813

03. 10150 Bottom Wood Lake Road
Lake Country, BC V4V 2M1
250.766.5650

Obesity Canada

National organization addressing the social stigma associated with obesity, changing the way policy makers and health professionals approach obesity, and improving access to evidence based prevention and treatment resources.

Who can attend?

Anyone

2-126 Li Ka Shing Centre for Health Research
Innovation, University of Alberta
Edmonton, AB T6G 2E1
780.492.8361
www.obesitycanada.ca

Fee for Service Obesity Resources

Live Well Clinic: My Healthy Weight Program

An exercise clinic that offers a My Healthy Weight: Overcoming Obesity Program that helps individuals embrace regular exercise and learn to build healthy habits that will shift one's lifestyle. The program aims to optimize blood pressure, lower cholesterol, increase happiness, lower body mass index, and help individuals achieve sustainable weight management.

Who can attend?

Anyone

5-1455 Harvey Avenue
Kelowna, BC V1Y 6E9
Mon, Wed, Fri, 8:30am-1pm
Tue & Thu, 8:30am-11:30am & 3pm-8pm
Sat 8:30am-12pm
250.869.8088
www.livewellclinic.ca

YMCA Beyond the Bell

Helps close the achievement gap as many children living in poverty see linked increases in health-related issues, poor nutrition, obesity, behavioural and emotional problems, and low academic achievement.

YMCA provides a space for youth to engage in recreational activities, offer healthy snacks and homework help.

Who can attend?

School aged youth

01. 4075 Gordon Drive
Kelowna, BC V1W 5J2

02. 1011-505 Doyle Avenue
Kelowna, BC V1Y 6V8

03. 375 Hartman Road
Kelowna, BC V1X 2M9

250.491.9622
www.ymcaokanagan.ca

COACH Program for Cardiac Health

The Central Okanagan Association for Cardiac Health is a non-profit society dedicated to reducing cardiovascular risk factors and enhancing the health of individuals in the Central Okanagan. The cardiac education program focuses on cardiac risk factors, healthy eating, exercise guidelines, goal setting, stress and relaxation, an understanding your medications.

Who can attend?

Individuals with cardiovascular risk factors or cardiovascular disease comorbid with diabetes.

204 - 2622 Pandosy Street
Kelowna, BC V1Y 1V6

Exercise sessions Tue & Thu 8am, 9am, 10am, 11am, or 1:30pm. Education sessions Mon 10am.

2500.763.3433

www.coachkelowna.com

FIT Nutrition

A Kelowna weight loss centre offering a variety of exercise programs, fitness coaching programs for individual or groups, and nutrition coaching sessions.

Who can attend?

General public interested in weight-loss, improving fitness and or nutrition

7 - 1551 Sutherland Avenue
Kelowna, BC V1Y 9V9

Mon - Fri, 8:30am - 5m

250.870.8719

www.fuelignitethrive.com

Jenny Craig

Designed to provide structure and support for to help members lose weight and learn how to keep it off.

The program provides nutritionally balanced menus, including nearly 100 entrees, desserts and snacks developed by Registered Dieticians, nutritionists and food technologists. Members receive one-on-one support from a consultant and learn to develop a healthy relationship with food.

Who can attend?

Anyone

1979 Harvey Avenue

Kelowna, BC V1Y 6G5

Mon, 9am-7pm, Tue & Wed 8am-7pm

Thu, 8am-5pm, Fri, 9am-1pm & Sat 7am-1pm

250.868.2500

www.jennycraig.com

Curves

A fitness and weight-loss facility designed especially for women to help them lead healthier lives.

Services include 30-minute exercise classes, monthly coaching sessions, and experienced, professional coaching at each session.

Who can attend?

Women

01. 17- 2484 Main Street

West Kelowna, BC V4T 2G2

Mon-Thu, 6am-1:30pm, 3pm-6:30pm

Fri, 6am-1:30pm, 3pm-6pm & Sat 8:30am-12pm

250.768.2254

02. #1-2901 27th Street

Vernon, BC V1T 4W3

250.503.1129

Mon, Wed & Fri, 6:30am-1pm, 3:30pm-5:30pm

Tues & Thu, 7am-1pm, 3:30-6pm & Sat 8am-11am

www.curves.com

Kelowna Wellness Clinic: Weight Loss Program

Offers a naturopathic weight-loss program including a comprehensive health assessment to determine hormonal, genetic, digestive, and immune system factors which may play a role in body composition. An effective, individualized treatment plan is then designed to help clients achieve their weight loss goals.

Who can attend?

Anyone

201-1433 St. Paul Street

Kelowna, BC V1Y 2E4

Mon & Fri, 9am-5pm

Tue-Thu, 9am-6pm

250.448.5610

www.drbrentbarlownd.com

TOPS Club Inc.

Take Off Pounds Sensibly (TOPS) is a network of weight-loss support groups and wellness education.

Offers tools and programs for healthy living and weight management. TOPS encourages healthy lifestyles through weight-management support groups, weekly meetings, and food and exercise plans

Who can attend?

Anyone can become a member

**Downtown Kelowna, Rutland, West Kelowna,
Peachland**

See website for location details.

www.tops.org

Ideal Protein Weight Loss Program

The Ideal Protein Weight Loss program reduces the amount of carbohydrates in one's diet, and ensures they are getting enough protein to maintain their muscles, enabling the body to use stored fat for energy. Our pharmacist meets with the clients once a week during the program, with the focus on checking your body fat percentage, answering questions and providing support.

Who can attend?

Anyone

Medicine Shoppe Pharmacy

105 - 3957 Lakeshore Road

Kelowna, BC V1W 1V3

Mon - Fri, 9am - 6pm

778.477.3811

www.medicineshoppekelowna.ca

Kelowna Kinesiology by Orthoquest: Lifestyle & Nutrition Coaching

A nutrition and lifestyle program that focuses on small doable changes over a 12-month period to help clients become healthier and lose weight.

The program involves coaching by a Kinesiologist, bi-weekly check-ins, kitchen makeovers, food planning and preparation, cooking lessons, group support, exercise guidance, endless resources and support.

Who can attend?

General public interested in losing weight and improving their health

1021 Richter Street

Kelowna, BC V1Y 2K4

250.448.5908

Mon - Wed, 9am-5pm, Thu & Fri, 9am - 6pm

www.orthoquestpedorthics.com

Canadian Obesity Summit

A biennial scientific event to provide a forum for dissemination of information and research advances. To identify, debate and promote innovative preventive and treatment strategies to reduce the prevalence of obesity and its burden.

Who can attend?

Health professionals from all disciplines, researchers, policy makers, and industries related to obesity prevention and management.

Location changes annually

780.492.8361

www.obesitycanada.ca

UBC Okanagan

Resources for Diabetes and Obesity

Small Steps for Big Changes

A lifestyle counselling program to encourage lasting dietary and exercise change with the primary purpose of creating long-term changes to lower the risk of developing Type 2 diabetes.

Offers a personalized, one-on-one, 3-week training and counselling program involving exercise and counselling sessions, followed by non-supervised sessions that allow individuals to practice exercising independently for the remainder of the program.

Who can attend?

Individuals between the ages of 18 and 65 who are at risk for type 2 diabetes.

#1011-505 Doyle Avenue

Kelowna, BC V1Y 6V8
UBCO office: 250.807.8419
YMCA office: 250.491.9622
www.smallsteps.ok.ubc.ca

Hat Trick

Hat Trick focuses on small and simple lifestyle changes that can have huge health benefits.

Hat Trick is a free 12-week, face-to-face program consisting of 90-minute sessions lead by healthy lifestyle experts from the research team, Kelowna Rockets staff, and other community health professionals. Sessions involve physical activity and education on healthy eating and active living.

Who can attend?

Men aged 35-65 with pant size greater than 38 and BMI greater than 25.

1223 Water Street
Kelowna, BC V1Y 9V1
250.807.9907
www.hattrick.ok.ubc.ca

Therapeutic Nutrition Study

A dietary intervention study designed to improve blood-glucose control. Select Pharmasave locations offer this evidence-based, weight management program with the goal of reducing the need for glucose lowering medications by adhering to a Pharmacist-led, low carbohydrate, moderate protein, ketogenic diet.

Who can attend?

Diabetic men and women

01. 41 - 3155 Lakeshore Road

Kelowna, BC V1W 3S9
Mon - Sat, 9am - 9pm
250.717.5330

02. 105 - 437 Glenmore Road

Kelowna, BC V1V 1Y5
Mon - Fri, 8:30am - 6pm & Sat, 9am - 5pm
250.861.4443

www.emil.ok.ubc.ca

International Weight Loss Trial

A 12-month exploration study to understand the effectiveness of Weight Watchers Freestyle versus a do it yourself program.

Who can attend?

Individuals aged 18-75 years old with a body mass index between 25 and 45 kg/m² with no health history conditions that would make participation unsafe.

202-1740 Gordon Drive

Kelowna, BC V1Y 3H2
www.weightlosstrial.org

Online Resources

National Eating Disorder Information Centre

Offers outreach, education, and direct client support focusing on awareness and prevention of eating related disorders. The national online directory provides relevant local resources and referrals to Canadians. NEDIC focuses on awareness and the prevention of eating disorders, food and weight preoccupation, and disordered eating by promoting a healthy, balanced lifestyle.

Who can attend?

Anyone

7 - 421, 200 Elizabeth Street
Toronto, ON M5G 2C4
416.340.4156
www.nedic.ca

FETCH Central Okanagan

An online database for everything that's community health in the Central Okanagan. FETCH connects individuals in the Central Okanagan to 466 Community Health and Social Services ranging from condition specific information and support, health professional services, recreation and wellbeing, mental health and counselling, senior resources, substance use and addiction, child, youth and family services, and more.

admin@centralokanagan.fetchbc.ca
www.centralokanagan.fetchbc.ca

eMental Health

An online resource that provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year.

Features include mental health help, information sheets on a variety of mental health conditions

and topics, screening tools, events calendar, and information on research studies in your area.

Who can participate?

Anyone

1661 Montreal Road
Ottawa, ON K1J 9B7
www.ementalhealth.ca

Juvenile Diabetes Research Foundation

Provide support within communities and across Canada by hosting and supporting events, including the Annual Starlight Gala and the Walk to Cure Diabetes, meant to fundraise and increase awareness within participating communities.

Who can attend?

Anyone

Capri Centre
1835 Gordon Drive
Kelowna, BC V1Y 9N9
250.765.711
www.jdrf.ca

Seniors Outreach Resource Centre

A non-profit society working to enhance the lives of seniors in Kelowna by providing support and linking them to other services. The Seniors Outreach Resource Centre strives to help aging, isolated seniors maintain their dignity and independence, and stay connected to their community and each other.

Provide information on a variety of resources and services available to seniors, including housing, financial, recreational, health, and more. Assist individuals through education and clinical support to manage their diabetes and reduce risk of complication.

Who can attend?

Seniors

1011-2065 Benvoulin Court
Kelowna, BC V1W 2C7
Mon - Fri, 9am - 4pm
250.861.6180
www.seniorsoutreach.ca

Childhood Obesity Foundation

A Canadian registered charity and leading Canadian authority that aims to lead a societal shift toward healthy eating and active lifestyles to promote childhood healthy weights and the resulting physical and emotional benefits.

Services include a variety of programs targeted to families, schools, communities, and healthcare professionals and stakeholders.

Who can attend?

General public

771A - 2635 Laurel Street

Vancouver, BC VZ 1M9

604.251.2229

www.childhoodobesityfoundation.ca