

# About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at [wechc.on.ca](http://wechc.on.ca) to learn more about us.

West Lorne (WECHC)

153 Main Street

West Lorne ON, N0L 2P0

T 519-768-1715, x2301

F 519-768-2548



Dutton (Dutton Medical Centre)

156 Main Street

Dutton ON, N0L 1J0

T 519-768-1715, x2301

F 519-768-2548

Aylmer (424 Medical Building)

424 Talbot Street West, Unit L9

Aylmer ON, N5H 1K9

T 519-765-4797

F 519-765-4977

[wechc.on.ca](http://wechc.on.ca)



## Diabetes Education, Support and Management

You can do it.  
We can help.



## Our Team Advantage

Our Diabetes Care Teams offer individual and group education with flexible hours at multiple locations in Elgin County.

All adults (18+) living with diabetes or prediabetes, and those at risk for diabetes are invited to access these free services.



## We can help you:

- Understand diabetes
- Use your blood sugar meter
- Test your blood sugars
- Understand insulin and medication
- Manage your diabetes while traveling
- Balance your diabetes with your work schedule
- Plan healthy meals and snacks
- Monitor your blood pressure
- Learn to care for your feet
- Stay up to date on new products and services
- Manage your weight
- Read food labels
- Be more active



## Connect with Us

When it comes to managing your diabetes and maintaining health and wellbeing, our nurse and dietitian teams are here to support you. We provide appointments in-person and by phone, and will update your primary care provider. We also offer grocery store tours and classes on topics including healthy eating and preventing diabetes complications. Programs vary by site. Our goal is to help you live well with diabetes.