

About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

VISION:

Vibrant and Caring Communities,
People and Workplace

MISSION:

Partnering with our communities to
achieve the best health and wellbeing
for all

VALUES:

Compassion, Excellence,
Collaboration, Accountability,
Respect and Equity



West Lorne (West Elgin CHC)

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
wehc.on.ca



Land Acknowledgement

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices



Diabetes Education, Support and Management

You can do it.

We can help.



August 2024

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.



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 we will update your primary care provider.

We also offer grocery store tours and classes on topics including healthy eating, lifestyle tips and preventing diabetes complications.

Programs vary by site.

Our goal is to help you live well with diabetes.



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 service

Canadian Diabetes Association (CDA) also has many useful articles / forms to help you manage your diabetes