

JOIN US TODAY!

- ✓ Stay Informed.
- ✓ Get Support.
- ✓ Take Control.



Your Health, Our Priority



T2D Network



Location

British Columbia, Canada



Our Website

www.t2dnetwork.ca



Our E-mail

t2dnetwork@ihsts.ca

**YOUR HEALTH
YOUR JOURNEY
WE'RE HERE TO HELP**

The T2D Network is a British Columbia Type 2 Diabetes Network of the Institute of Health Systems Transformation and Sustainability. © 2025 IHSTS.



Explore British Columbia's hub for expert-approved Type 2 diabetes information & resources.



WHY CHOOSE US?

- ✓ One central hub of free T2D resources.
- ✓ Access a growing bank of reputable sources and 375+ unique links to expert-approved health information.
- ✓ Based in British Columbia and tailored for Canadians.
- ✓ Designed in partnership with Healthcare Professionals and Patient Partners.

A HEALTHIER YOU STARTS HERE!

- ✓ 1 in 3 adults in Canada is at risk for Type 2 Diabetes.
- ✓ Small lifestyle changes can reduce your risk significantly.
- ✓ T2D management is possible with the right tools and support.



HOW WE CAN HELP

- ✓ Expert Resources – Trusted articles, recipes, and guides.
- ✓ Community Forum – Connect with others on similar journeys.
- ✓ Health Tips & Tools – Practical wellness strategies.
- ✓ Monthly Updates – Stay informed with expert tips.

