

# Diabetes? We can help.

Programs  
are  
**FREE**

## Diabetes Management Program

Whether you are newly diagnosed or already managing with

Type 2 diabetes, this workshop is for you

Wednesday October 4<sup>th</sup> & 11<sup>th</sup>, 2017

9:00 a.m. – 12:00 p.m.

OR

Wednesday November 1<sup>st</sup> & 8<sup>th</sup>, 2017

9:00 a.m. – 12:00 p.m.

OR

Wednesday December 6<sup>th</sup> & 13<sup>th</sup>, 2017

9:00 a.m. – 12:00 p.m.

Are you at risk? Do you have Prediabetes? Know someone who is...

## Diabetes Prevention Program

Wednesday November 15<sup>th</sup>, 2017

9:00 a.m. – 12:00 p.m.

OR

Wednesday January 24<sup>th</sup>, 2018

9:00 a.m. – 12:00 p.m.

## The Anne Johnston Health Station-Tobias House Attendant Care

2398 Yonge Street (north of Eglinton Ave.)

A Fully Accessible & Barrier Free Facility: Attendant Care available upon request



Sign up today for this FREE program!

(416) 486 - 8666 ext. 208

