

Diabetes Prevention

“If you are at risk, or know someone who is,
learn how to lower your risk of developing Diabetes”



A Registered Nurse & Registered Dietitian will cover:

- ✓ What is Diabetes or Prediabetes?
- ✓ Recognizing signs & symptoms of high blood sugars
- ✓ Healthy eating for diabetes prevention
- ✓ Getting active

Wednesday July 19th, 2017

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

www.ajhs.ca