

Diabetes Management

“Whether you are newly diagnosed or already managing with Type 2 diabetes, this workshop is for you”



A Registered Nurse & Registered Dietitian will cover:

- ✓ What is Diabetes?
- ✓ Recognizing signs & symptoms of high & low blood sugars
- ✓ Healthy eating for diabetes management
- ✓ Tips & benefits of self monitoring blood sugars levels

Wednesday July 5th & 12th, 2017

9:00 a.m. – 12:00 p.m.

The Anne Johnston Health Station

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

