

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
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