

“Another look at Preventing Diabetes”



Have you attended our diabetes prevention program?
Do you still have questions and concerns about diabetes?
This refresher course is for you!

We will cover the following topics:

- ✓ What are your risk factors for developing diabetes?
- ✓ Are you heading in a healthy direction?
- ✓ Review on lifestyle changes including healthy eating, weight management and physical activity for diabetes prevention

Save the date!
Wednesday April 5th, 2017
10am to 12pm

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
shoshanahs@ajhs.ca