

# Diabetes? We can help.

Programs  
are  
**FREE**

## Diabetes Management Program

Whether you are newly diagnosed or already managing with

Type 2 diabetes, this 2 part workshop is for you

**Wednesday May 2<sup>nd</sup> & 16<sup>th</sup>, 2018**

9:00 a.m. – 12:00 p.m.

OR

**Wednesday June 6<sup>th</sup> & 20<sup>th</sup>, 2018**

9:00 a.m. – 12:00 p.m.

OR

**Wednesday July 4<sup>th</sup> & 11<sup>th</sup>, 2018**

9:00 a.m. – 12:00 p.m.

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

## Diabetes Prevention Program

**Wednesday May 23<sup>rd</sup>, 2018**

9:00 a.m. – 12:00 p.m.

OR

**Wednesday July 18<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**

