

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 April 19th & 26th, 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

