

# 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 May 17<sup>th</sup>, 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](http://www.ajhs.ca)**