

“Let’s Talk Diabetes” Workshop

- **Can’t keep your blood sugars within target range?**
- **Having trouble making changes to your diet and lifestyle despite your good intentions?**
- **Tired of having your diabetes control your life?**
- **Want to feel more confident about managing your diabetes?**

If any of the above resonate with you,
join our “Let’s Talk Diabetes” workshop!

Next workshop:
November 27, 2018

Time: 6pm-8pm

Location: 60 Gillingham
Drive, Suite 200

- Community Education Event
- No referral necessary to register

Workshops facilitated by
our Certified Diabetes
Educators:

Registered Dietitian &
Health Educator

Contact 905.456.7111 to register for upcoming
workshops