

**Next workshop:**  
January 21<sup>st</sup>, 2020

**Time:**  
6:00PM-8:00PM

**Location:** 60 Gillingham Drive,  
Suite 200

- Community Education Event
- No referral necessary to register



## “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!

Contact **905.456.7111 ext 3** to register for  
upcoming workshops

**Workshops  
facilitated by our  
Certified Diabetes  
Educators:**

**Registered Dietitian  
&  
Health Educator**

