

***Free
Workshops***



Let's Talk Diabetes!

Designed for those living with diabetes and their families

Upcoming Workshops

- **Beyond the Basics (Feb 15)**
- **Glycemic Index & Reading Food Labels (March 15)**
- **Optimizing Diabetes Management (April 19)**
- **Medications (May 17)**
- **Foot Care (June 21)**
- **Mental Health & Diabetes (July 19)**

Led by Health Professionals such as
Dietitians, Pharmacists,
Social Workers and Kinesiologists

Register by scanning the QR Code OR call 905-456-7111 (ext 2)

