

***Free  
Workshops***



# Let's Talk Diabetes!

*Designed for those living with diabetes and their families*

## Upcoming Workshops

- **Optimizing Diabetes Management (April 19)**
- **Medications (May 18)**
- **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)**

