

**FREE**  
**Workshops**



# Let's Talk Diabetes!

*Designed for those living with diabetes and their families*

## Upcoming Workshops

- **Foot Care (June 21)**
- **Mental Health & Diabetes (July 19)**
- **Medication (Sept 21)**
- **The Basics (Oct 18)**
- **Glycemic Index (Nov 15)**
- **Optimizing Diabetes (Dec 20)**



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

**Register with reception, or call 905-456-7111 (ext 2)**

