



# Diabetes Wellness - What You Need to Know

**Wednesday December 9, 2020**

**2:00 pm – 3:00 pm**

Are you newcomers to Canada wishing to better manage your health? Join this online information session and learn more about:

- Diabetes education and prevention
- How to take an active role in the day-to-day management of one's own health care
- The importance of monitoring blood sugar levels, healthy eating, exercises, and other lifestyle choices
- How to access one of Ontario's Diabetes Education Programs for assistance



**For more information, please contact:**  
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**Registration Information:**

Zoom - A link with a password will be sent to

registrants a day prior to the session



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