



Healthy Living for Diabetes Prevention

November 19, 2025
9:30 am – 11:00 am

Join us for an informative session on Diabetes 101, hosted in collaboration with the Windsor Essex Community Health Centre. A Registered Dietitian will share helpful tips on how to prevent and manage diabetes through healthy eating and lifestyle changes. In this session, you will learn about:

- What diabetes is and how it affects your health
- Risk factors and warning signs
- Easy steps to prevent type 2 diabetes
- Healthy eating tips for you and your family
- Local programs and supports available



Windsor-West Branch

For more information, please contact:
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**All of our programs & services including childcare
are available at no cost to eligible clients.**