



Healthy Eating and Diabetes Wellness

January 18, 2023

4:00 pm – 5:00 pm

Are you newcomers to Canada wishing to better manage your health? Join this on-line 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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are available at no cost to eligible clients.**