

FREE Diabetes Retreat

Saturday November 14, 2015

9:45am - 4:15pm

Sunday November 15, 2015

9:30am - 12:30pm

Open to people age 18+ with Pre-Diabetes & Type 2 Diabetes

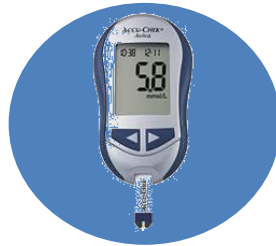
This is a FUN filled "retreat" focused on helping adults manage their diabetes.

The Retreat Will Include a Variety of Activities!

Facilitators include: Registered Dietitians, Registered Nurses, Registered Social Worker, Pharmacist and Fitness Instructor



Cooking activities



Hands on activities with glucometers and insulin pens



Foot care education



Light exercise activities



Stress management activities

Location:

Vaughan Community Health Centre
9401 Jane Street, Suite #106,
Vaughan, ON, L6A 4H7

Contact Registration

Please call to register at:
905-303-8490
Ext. 137 or Ext. 171

Important Information:

Note: Please come dressed in comfortable clothing and athletic shoes

Limited space available - Priority given to people new to the Vaughan CHC



Please let us know if you need any specific accommodations
This flyer is available in an alternative format

Funding support provided by:



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