

Understanding & Managing Your Diabetes

This two-part series is designed to support you with understanding and managing your Diabetes.

Topics to be discussed:

- Understanding blood sugars and medications
- Healthy eating principles for diabetes
- How different foods affect your blood sugars
- Benefits of physical activity
- Preventing complications of Diabetes

Erin Clinic:

Part One: January 24
9:30 – 11:30am
Part Two: January 31
9:30 – 11:30am

Rockwood Clinic:

Part One: March 19
2:00 – 4:00pm
Part Two: March 26
2:00 – 4:00pm

Erin Clinic:

Part One: May 23
6:00 – 8:00pm
Part Two: May 30
6:00 – 8:00pm

Rockwood Clinic: 175 Alma
Street

Erin Clinic: 6 Thompson
Crescent, Unit 1

These sessions are open to residents of East Wellington and are
FREE OF CHARGE

Your support persons are welcome to attend

Our registration numbers determine whether we have sufficient interest to go ahead with a session so PLEASE register ahead of time and contact us if you do not receive a call or email back from us.

To register call 519 833-7576 ext. 362

Or visit our website www.ewfht.ca