

Understanding Pre-Diabetes

Have you been told your sugars are a touch high?

Reduce your risk of developing diabetes through healthier eating and active living.

You can change your future by attending this session!

- Learn about your risk factors and why pre-diabetes is a concern
- Pre-diabetes myths and answers to your questions
- Discuss basics of healthy eating and activity and stay well
- Get tips on planning for your health habit changes

Erin Clinic:

February 27, 3:30 – 5:30pm

Rockwood Clinic:

April 23, 6:00 – 8:00pm

Erin: 6 Thompson Cres, Unit 1

Rockwood: 175 Alma Street

These sessions are open to residents of East Wellington and are

FREE OF CHARGE

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