

# Diabetes Education Program

## WORLD DIABETES DAY

Do you have Type2 Diabetes and Pre-diabetes? Join us for healthy lifestyle workshops and get a chance to win **GIFT CARDS and FREE PRIZES**



**9:30 – 10:30 am: Zumba for Beginners\***

\* Register by October 14, 2017

**10:45- 11:45 am: Healthy Snacking**

**1:00 - 2:00 pm: Stress Management**

**2:15 - 3:15pm : Diabetes Foot Care**

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**Space is LIMITED. Please call to register**

**416 –787 –1661 ext 3301**

**Where: 1541 Jane Street, Toronto, ON M9N 2R3**

**Date: November 14, 2017**

\* Coffee and Tea will be provided.