

Diabetes Education Program

FREE Cooking Classes for Individuals with
Prediabetes or Type 2 Diabetes

Led by a Registered Dietitian

COLOUR my Plate



Featuring “The Potential of Fruits & Vegetables”

Date: Friday, March 22, 2019

Time: 10:30am – 1:00pm

Location: 540 Finch Ave West (Bathurst-Finch Site)

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Space is LIMITED and PRE-REGISTRATION is required

Please call to Register:

416 – 787 – 1661 Ext. 3301

