

Diabetes Education Program

From Theory to the Kitchen

4 cooking sessions led by a Registered Dietitian where you can

- Learn about relationship between food and blood sugar levels
- Learn how to plan a healthy meal or snack
- Get inspirations to cook in a healthy way
- Find out what is a good portion



When:

Week 1: August 5, 2016

Week 2: August 12, 2016

Week 3: August 19, 2016

Week 4: August 26, 2016

*****MUST ATTEND ALL 4 SESSIONS*****

Time: 11:00 am—2:00 pm

Location: Bathurst-Finch Hub

540 Finch Ave West, North York, M2R 1N7



For information and to register:

Please call 647-436-0385 ext 519 or 520

Space is limited so please register early

Deadline for registration: July 15, 2016

*This program is only for individuals living with Type 2 Diabetes or Prediabetes