

Presentation

via ZOOM

MENTAL HEALTH and DIABETES


Thursday

March 30, 2023

10:00 am - 11:00 am

Do you want to learn more about:

- How stress impacts diabetes
- Ways to manage stress
- Community resources for mental health



Facilitated by Unison's Social
Work Team and
Diabetes Education Program



Pre-registration is required.

Call **416 787 1661** ext. **3303** for more details.



Email and Computer/Device Needed.

Independent use of ZOOM is required.



Virtual via ZOOM

FREE
Virtual Session

