

Group Session on  
**Blood Pressure**

Wednesday, July 12, 2023  
9:30 am - 11:00 am



Join our FREE sessions lead by a registered nurse.  
The sessions will be interpreted to **Portuguese**.



**Other Group Session:**

Fats and Cholesterol - Wednesday, August 9, 2023, 9:30 am- 11:00 am



**Pre-registration:**

Call 416-787-1661 ext. 3303 or email  
info.dep@unisonhcs.org



**Location:**

Unison Jane Street Hub, Community Rooms 1 and 2  
1541 Jane Street, ON M9N 2R3

Be entered to win \$20  
gift card by referring a  
friend with prediabetes  
or diabetes who is  
willing to be registered  
to our program.

