

## DIABETES EDUCATION GROUP PROGRAMS

JULY- SEPTEMBER 2023

| <i>Group education topics</i>  | <i>Date</i>             | <i>Time</i>     |
|--|-------------------------|-----------------|
| <b>KEELE &amp; ROGERS SITE - 1651 Keele Street, 3d floor, Toronto M6M 3W2:</b>           |                         |                 |
| Nutrition and Diabetes<br><i>(The session will be interpreted to Portuguese)*</i>        | Tue July 18, 2023       | 1:30pm-3:30pm   |
| Physical Activity<br><i>(The session will be interpreted to Portuguese)*</i>             | Fri July 28, 2023       | 9:30am-11:00am  |
| Label reading for Added Sugar<br><i>(The session will be interpreted to Portuguese)*</i> | Thu Aug 17, 2023        | 2:00pm-3-30pm   |
| "Healthier You" program (12 weeks program)   | Mon Aug 14-Nov 13, 2023 | 10:00am-11:45am |
| <b>JANE &amp; TRETHERWEY SITE - 1541 Jane Street, Toronto M9N 2R3:</b>                   |                         |                 |
| Diabetes and Physical Activity***  | Wed July 26, 2023       | 9:30am-11:00am  |
| Fats and Cholesterol<br><i>(The session will be interpreted to Portuguese)*</i>          | Wed Aug 9, 2023         | 9:30am-11:00am  |
| Diabetes and Foot Care***  | Wed Aug 30, 2023        | 9:30am-11:00am  |
| Fats and Cholesterol***  | Wed Sept 6, 2023        | 9:30am-11:00am  |
| <b>BATHURST &amp; FINCH SITE - 540 Finch Ave W, 1st floor, Toronto M2R 1N7:</b>          |                         |                 |
| How to choose Healthy Carbohydrates  | Thu July 20, 2023       | 10:00am-11:00am |
| Fats and Cholesterol group session   | Tue Aug 15, 2023        | 6:00pm-7:00pm   |
| <b>ST.CLAIR &amp; DUFFERIN - 1615 Dufferin Street, suite 205, Toronto M6H 4H4:</b>       |                         |                 |
| Diabetes and Healthy Eating**  | Wed July 26, 2023       | 1:00pm-2:00pm   |
| Diabetes and Physical Activity**   | Wed Aug 16, 2023        | 1:00pm-2:00pm   |
| Nutrition Label Reading**  | Wed Sept 20, 2023       | 1:00pm-2:00pm   |
| <b>VIRTUAL PROGRAM:</b>  |                         |                 |
| "Healthier You" program (12 weeks program)   | Tue Sept 5-Nov 21, 2023 | 6:30pm-8:00pm   |

*\*Participants have a chance to win \$20 gift card by referring a friend to groups*

*\*\*Participants have a chance to win \$25 gift card by referring a friend to groups*

*\*\*\*Participants have a chance to win \$40 gift card by referring a friend to groups*

### Pre-registration Required:

Call 416-787-1661 ext. 3303 or

Email [info.dep@unisonhcs.org](mailto:info.dep@unisonhcs.org)

