Unison
Health & Community Services

Diabetes Education Program

Group Session

Diabetes and Physical Activity

Wednesday, July 26, 2023
9:30am-11:00am

Join our **FREE** monthly group education sessions lead by a registered nurse.

Other topics on different dates:

- Diabetes and Foot Care - August 30, 2023
- Fats and Cholesterol - September 6, 2023
- Stress Management - October 25, 2023
- Diabetes and Essential Visits - November 29, 2023
- Healthy Snacks - December 20, 2023

Pre-registration Required:

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

Location:

Unison Jane Street Hub, Community Rooms 3 and 4
1541 Jane Street, Toronto, ON, M9N 2R3

Be entered to win $40 gift card by referring a friend with prediabetes or diabetes who is willing to be registered to our program.

www.unisonhcs.com