

Group Session

Introduction to Diabetes and Diabetes Management

Wednesday, June 21, 2023

1:00pm-2:00pm



Join our **FREE** sessions lead by registered dietitians
and registered nurses.

Other topics on different dates:

- Diabetes and Healthy Eating - July 26, 2023
- Diabetes and Physical Activity - August 16, 2023
- Nutrition Label Reading - September 20, 2023
- Diabetes and Foot Care - October 25, 2023
- Diabetes and Heart Health - November 15, 2023
- Staying Healthy with Diabetes - December 6, 2023

Pre-registration Required:

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

Location:

Dufferin Medical Center, Suite 205
1615 Dufferin St. Toronto, ON M6H 4H4



www.unisonhcs.com

Be entered to win \$25 gift
card by referring a friend
with prediabetes or diabetes
who is willing to be
registered to our program.