

Diabetes Education Program

FREE Workshop for Individuals with **Prediabetes**
or **Type 2 Diabetes**

Led by a Registered Nurse & Registered Dietitian

BLOOD PRESSURE



- Learn about the relationship between Diabetes and High Blood Pressure
- Get your blood pressure checked
- Participate in an interactive workshop about Healthy Eating and Blood Pressure



Date: Friday, April 5, 2019

Time: 10:00am to 11:30am

Location: 540 Finch Ave West (Bathurst-Finch Site)

Light refreshments will be provided



Space is **LIMITED** and **PRE-REGISTRATION** is required

Please call to Register:

416 – 787 – 1661 Ext. 3301

