

# HEALTH & WELLNESS

## Everything You Need to Know About Diabetes



**Tuesday April 9<sup>th</sup>, 2019 at 2:00 p.m.**

This lecture will provide an introduction to diabetes, focusing on diabetes self-management education including nutrition and physical activity to manage and prevent diabetes complications.

Presented by Registered Nurses and Registered Dietitians.

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20 Covington Road  
Toronto, Ont.**

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*Recognized by Diabetes Canada as a "Centre of Excellence" in delivering high-quality and best practice diabetes education and services.*

