

# Diabetes Education Program

# DIABETES AWARENESS DAY

“Take Charge of Your Health ”

**Friday November 15, 2019**

*Join our Food Demo, Workshop  
on Stress Management and  
Fitness. You can get a chance to  
win GIFT CARDS!*



**09:30 am - 10:00am: Registration**

**10:00 am - 10:45am: Stress management**

**11:00 am - 12:00am: Cooking Demo**

**12:00 am - 1:00pm: Break**

**1:00 pm - 2:00pm: Fitness Exercise**

**2:00 pm - 3:00pm: Cooking Demo**

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**Pre-registration is preferred**

**Call 416 –787 –1661 ext 3301 for more details**

**Where: 12 Flemington Road, Toronto, ON M6A2N4**

**Coffee and Tea will be provided**