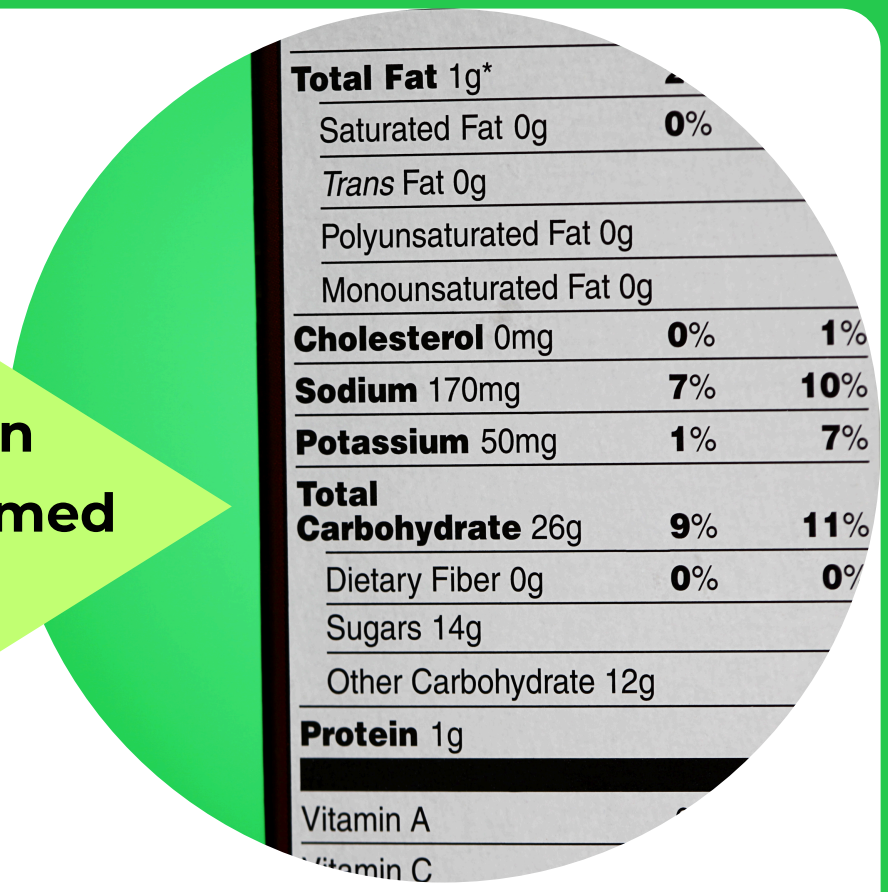
Unison
Health & Community Services

Diabetes Education Program

Understanding Nutrition Labelling to Make Informed Food Choices



FRIDAY, JUNE 5, 2026
9:30 AM - 10:30 AM

This group is for adults with Type 2 diabetes or prediabetes who want to learn about how to read food labels to make healthier decisions when planning meals. Pre-registration is required

Join our FREE education session led by a Registered Nurse.

SCAN ME

Location:

Unison Jane and Trethewey Community Rooms 1 and 2
1541 Jane Street, Toronto ON M9N 2R3

Pre-registration:

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