

The Cruickshank Centre @ Thompson Gardens will be hosting A Wellness Program called “Light on Sugar” Sponsored by VHA Home Healthcare. It is being held on Wednesday, Sept. 20 from 10 a.m. – 12 noon and includes a light lunch. The program provides information with tips on Pre-diabetes, type 2 diabetes, and how to be more aware of simple things one can do to help prevent or control diabetes. There is no fee for this program, but pre-registration is required. Please call Thompson Gardens @ 519-862-1628 or 519-862-2629.