

ARE WE THERE YET?

A Journey of Diabetes Self-Management



1. Living with Diabetes
2. How Diabetes Works
3. Healthy Eating and Keeping Active
4. Caring for your Feet

Four Week Series; Thursdays; October 12, 19, 26, November 2, 2017
1:30 – 3:30 pm

West Lambton Community Health Centre
429 Exmouth Street, Suite 100, Sarnia

Are you living with diabetes? Do you want a better understanding of diabetes and learn more about healthy eating and nutrition? Are you worried about common foot problems in people with diabetes?

Limited Enrollment. Call 519-344-3017 x259 to register for this free
workshop