

**“Light on Sugar”**, a workshop on healthy living and active aging, presented by VHA Home Healthcare, will be held on Wednesday, November 1<sup>st</sup>, from 10:00 a.m. – 12:00 p.m., in Port Lambton United Church. This will give information and tips on how to eat healthy, learn if you’re at risk for pre-diabetes, effectively manage diabetes, and how to prevent type 2 diabetes. Lunch will follow and there will be door prizes. There is **no cost**; however, **pre-registration is required**. To register, call Bev, 519-677-4445, or Janis, 519-677-5945, or email [Secretary@portlambtonunitedchurch.com](mailto:Secretary@portlambtonunitedchurch.com).