

Diabetes Education Classes

Knowledge. Skills. Support.

Do you have Type 2 Diabetes?

Let us help you learn about...

- Diabetes self-management
 - Healthy eating
 - Physical activity
 - Blood glucose monitoring
 - Foot care
 - Stress management
 - Medications
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- All classes taught by a Registered Dietitian, and a Diabetes Nurse Educator
 - Healthy snacks and refreshments; Free Child Care available

Location:

Black Creek Community Health Centre
North York Sheridan Mall – 2202 Jane St, Unit 5 (Jane St & Wilson Ave)

Dates:

Class 1: Tuesday, May 27, 5:30 pm —8:00 pm
Class 2: Tuesday, June 3, 5:30 pm —8:00 pm
Class 3: Tuesday, June 10, 5:30 pm —8:00 pm

To Register: Call 416-249-8000 x 2242 to register for this session and to learn about other dates and locations



**Black Creek Community Health Centre
Diabetes Education Program**

2202 Jane St., Unit 5, Toronto, ON

The Diabetes Education Program is funded by the Ministry of Health and Long-Term Care