

Diabetes Education Centre
 Four Counties Health Services Site
 1824 Concession Drive, Newbury ON N0L 1Z0
 (519) 693-7111 ext. 2489

Community Event Calendar

January - June 2010 - Diabetes Education Classroom

Diabetes Classes	Date	Time
Carbohydrate Counting for Diabetes Control	Tues Jan 19	1:00 - 3:00pm
The Kidney and Its Important Role in Blood Sugar Control	Tues Feb 16	1:00 - 3:00pm
ABC's of Diabetes	Tues Mar 23	1:00 - 3:00pm
Diabetes and Foot Care	Tues Apr 20	1:00 - 3:00pm
How to Read Food Labels	Tues May 18	1:00 - 3:00pm
Virtual Grocery Store Tour	Tues Jun 15	1:00 - 3:00pm
Special Events	Date	Time
Walk for your health program Join the Diabetes Educators and walk your way to a healthier you!	Mon & Wed	10:30am
<i>Where we live</i> FREE diabetes health and well-being conference for women living in rural areas Caradoc Community Centre 116 Lions Park Drive Mount Brydges Space is limited - Call today to reserve your spot!	Thurs Jun 3	9:30am - 3:00pm

All Classes are free & everyone is welcome.

Individual appointments with the nurse and dietitian are also available.

For information or to register please call:
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