

Diabetes Education Centre

Strathroy Middlesex General Hospital Site
395 Carrie Street Strathroy, ON N7G 3J4
(519) 245-5295 ext. 5957

Community Event Calendar

January - June 2010 - Strathroy Hospital Auditorium

Diabetes Classes	Date	Time
Carbohydrate Counting for Diabetes Control	Wed Jan 27	1:30 - 3:30pm
Upping the Veggies with Homemade Soups	Wed Feb 24	1:30 - 3:30pm
Diabetes & Active Living	Wed Mar 24	1:30 - 3:30pm
Carbohydrate Counting for Diabetes Control	Thurs Apr 15	6:00 - 8:00pm
Reading Food Labels	Wed Apr 28	1:30 - 3:30pm
Diabetes Medication and Sick Day Management	Wed May 26	1:30 - 3:30pm
How to make Healthy Choices when Eating Out	Wed Jun 23	1:30 - 3:30pm
Special Events	Date	Time
SMART VON/DEC Exercise Classes \$2 per session Location: Strathroy Legion A Diabetes Educator is available on the first Friday of the month to do blood glucose testing and to answer diabetes questions.	Monday and Friday	9:15 - 10:15am
<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 for a class please call:
(519) 245 - 5295 ext. 5957

