

# 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 2012 - Strathroy Hospital Auditorium*

Diabetes Classes	Date	Time
<b>Avoiding Illness, Staying Well</b> Location: Strathroy Hospital Basement Boardroom	Wed Jan 25	1:30 - 3:30pm
<b>Healthy Heart Month</b> Face the Fats and Find the Fibre Location: Strathroy Hospital Basement Boardroom	Wed Feb 22	1:30 - 3:30pm
<b>Diabetes, Sodium &amp; Fat, Oh My!</b>	Thurs Mar 22	6:30 - 8:30pm
<b>Taking Care of Your Mental Health</b>	Wed Mar 28	1:30 - 3:30pm
<b>Movie Night and Healthy Snacks</b>	Thurs Apr 19	6:30 - 8:30pm
<b>Spring Fling Checkups</b> Dental and Eye Health	Wed May 23	1:30 - 3:30pm
<b>Make Your Movements Matter</b> Let's Get Active This Summer	Wed Jun 27	1:30 - 3:30pm
Special Events	Date	Time
<b>Active is Easy! Walking Group</b> <b>Location: Kenwick Mall</b> Join the fun with weekly themes & monthly prizes!	Tuesday and Thursday	10:00 - 10:30am
<b>SMART VON/DEC Exercise Classes</b> \$2 per session <b>Location: Strathroy Legion</b> A Diabetes Educator is available the first Friday of each month for blood glucose testing and to answer diabetes questions.	Monday and Friday	9:15 - 10:15am

All Classes are free & everyone is welcome

Individual appointments with the nurse and dietitian are also available

For information or to register for an event please call:  
(519) 245 - 5295 ext. 5957

