

DIABETES EDUCATION PROGRAM

DIABETES STARTER GROUP

A basic diabetes education class, facilitated by both a registered nurse and registered dietitian. Designed to provide information on basic diabetes topics, as well as encourage questions and answers from participants.

For newly diagnosed diabetes or a diabetes education refresher for people with longstanding diabetes.



LOCATION

Brockville
Smiths Falls
Brockville
Smiths Falls
Brockville
Smiths Falls

DATE

April 14, 2026
April 22, 2026
May 8, 2026
May 20, 2026
June 9, 2026
June 22, 2026

TIME

9:30 – 11:30 am
1:30 – 3:30 pm
9:30 – 11:30 am
1:30 – 3:30 pm
1:30 – 3:30 pm
9:30 – 11:30 am

**REGISTER
NOW!**

CALL 613-284-2558



Rideau Community
Health Services