

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.

JOIN US

LOCATION	DATE	TIME
Smiths Falls	January 21, 2026	1:30 – 3:30 pm
Brockville	January 27, 2026	1:30 – 3:30 pm
Smiths Falls	February 19, 2026	9:30 – 11:30 am
Brockville	February 27, 2026	9:30 – 11:30 am
Smiths Falls	March 23, 2026	9:30 – 11:30 am

REGISTER
NOW!

CALL 613-284-2558



Rideau Community
Health Services