

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

Smiths Falls
Brockville
Smiths Falls
Brockville
Smiths Falls

DATE

January 21, 2026
January 27, 2026
February 19, 2026
February 27, 2026
March 23, 2026

TIME

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

**REGISTER
NOW!**

CALL 613-284-2558



Rideau Community
Health Services