

## 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  
Smiths Falls  
Brockville

### DATE

July 21, 2026  
August 12, 2026  
September 11, 2026  
September 30, 2026  
October 20, 2026  
October 29, 2026

### TIME

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