

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

DATE

November 13, 2026
December 4, 2026
December 8, 2026

TIME

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

**REGISTER
NOW!**

CALL 613-284-2558



Rideau Community
Health Services