



Rideau Community
Health Services



Are you pre-diabetic, newly diagnosed with diabetes, or would benefit from a refresher course on diabetes management?

Join Perth Family Health Team in partnership with Rideau Community Health Services for our **free** upcoming...

Diabetes Starter Group

October 27th, 2026

1:00-3:00PM

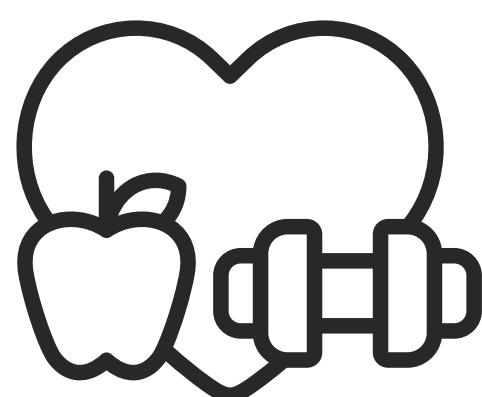
40 Sunset Blvd, Suite 105, Perth

The Diabetes Starter Group, facilitated by a Registered Nurse and Registered Dietician, is designed to provide education on...

What is Diabetes?



Lifestyle Factors



How to Manage Diabetes



To register or for more information, please call RCHS at



613-284-2558