Rideau Community Health Services

PERTH FAMILY HEALTH TEAM

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

December 2nd 2026

1:30-3:30 PM

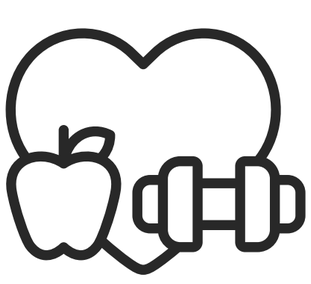
40 Sunset Blvd, Suite 105, Perth

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



No referral required!

To register or for more information, please call RCHS at

613-284-2558