

JOIN OUR FREE DIABETES EDUCATION CLASS

Facilitated by both a registered nurse and registered dietitian, we provide information and answer questions on topics such as:

What to eat when you have diabetes
How to avoid high and low blood sugars
How and when to monitor blood sugars
Medications for diabetes
Safety tips for driving and sick days
Setting goals towards healthy lifestyle changes



This interactive group is ideal for people newly diagnosed with diabetes or prediabetes or those that need a refresher. Support persons welcome!

LOCATION

DATE

TIME

Brockville

May 13, 2024

1:30-3:30

Smiths Falls

June 12, 2024

9:30-11:30

Brockville

July 12, 2024

9:30-11:30

Smiths Falls

Aug 13, 2024

1:30-3:30

Brockville

Sept 13, 2024

9:30-11:30

Smiths Falls

Oct 18, 2024

9:30-11:30

REGISTER NOW! CALL 613-284-2558