

Living a Healthy Life With Diabetes

Do You Or A Family Member Have Diabetes?

Join a **FREE** workshop series to help
you manage your symptoms
and live well!

Learn About

- Practical skills and tools to feel better
- Starting and maintaining exercise
- Healthy eating
- Managing medications
- Communicating with your health care providers
- Planning and problem solving

Workshops Details

- 2.5 hours a week for 6 weeks
- Developed and tested by Stanford University
- Led by two trained leaders
- Receive the “Living a Healthy Life with Chronic Conditions” resource book
- Light snack provided
- Individuals, family members and care givers are welcome
- No referral needed! Just sign up!

Next Workshop

Tuesdays September 26th – October 31st 2017

3:30pm – 6:00pm

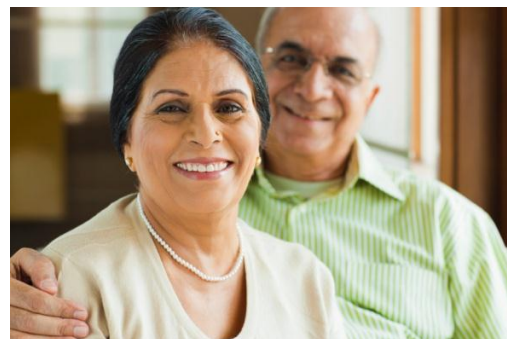
Brampton Soccer Centre

1495 Sandalwood Pkwy E. Brampton, ON

To Register:

Call 905-863-2574 /1-844-643-7393

or Email cdsm@williamoslerhs.ca



Brought to you by the:



Funded By:

Ontario Ministry of Health and Long Term Care

Hosted By:

William Osler Health System

Workshops Offered In:

Brampton, Rexdale, Malton, Dufferin County,
Caledon and Woodbridge