

Diabetes is a serious disease . . . but it can be prevented.

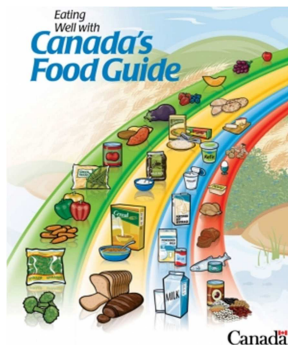
Tuesdays, 2:00pm – 3:30pm

St. Paul's L'Amoreaux Centre - Seminar Room C
3333 Finch Ave E



February 18

What is Diabetes?



February 25

Healthy Eating



March 4

Physical Activity

Join us for a free program for adults:

- Find out if you are at risk of developing type 2 diabetes
- Learn some tips on making healthier food choices
- Get ideas on how you can become more physically active

To register or for more information, please call:

 416-493-3333