



# Prevent Type 2 Diabetes One Step at a Time



**Come and Join our FREE Salsa classes  
Learn Effective Ways to Prevent Type 2 Diabetes**

**Dates: Nov 4, 11, 18, 25 & Dec 2 (Wednesdays)**

**Time:**

11:30am – 11:45am – Diabetes workshop

11:45am – 12:30pm – Gentle Salsa

**Language: English**

**Venue: St. Paul's L'Amoreaux Centre (Recreation Room)  
3333 Finch Ave E**

**Please Register at Customer Service Desk.**

**For More Information Please Call  416-493-3333.**

**Space Limited. Registration Required.**

