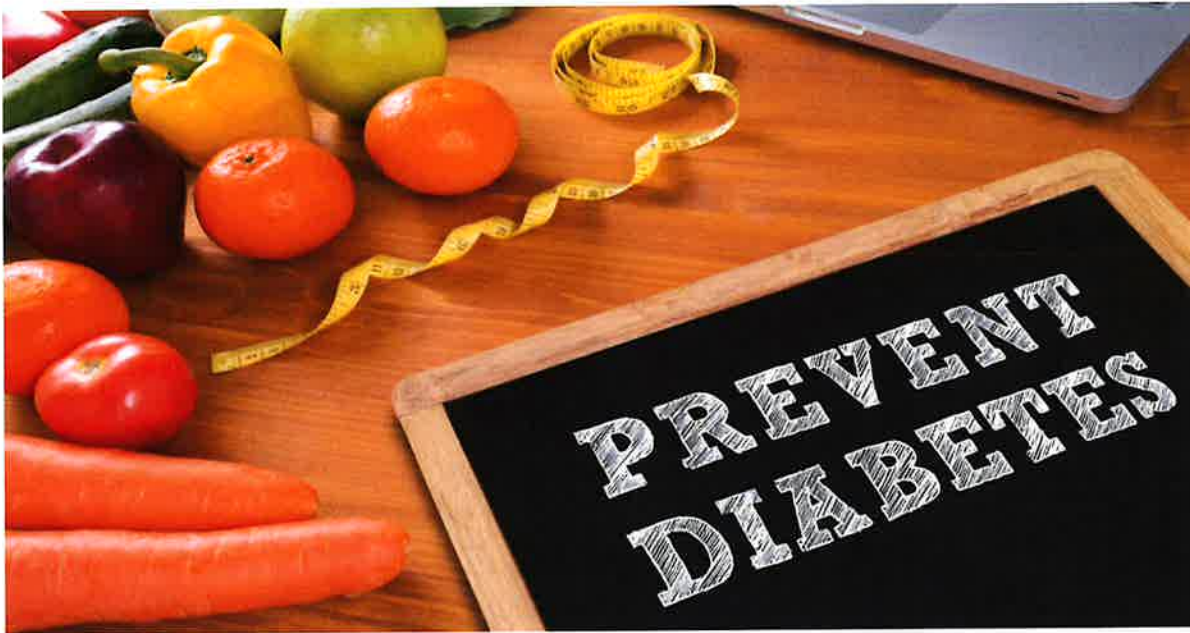




Library Settlement Partnerships



糖尿病预防讲座

- 何谓糖尿病?/谁较容易患上此病?
- 健康饮食对您有什么意义?
- 定时运动有什么好处?
- 常见压力源—如何应对压力/伸展运动及健走

地点: Toronto Public Library – Bridlewood Branch
#157A, 2900 Warden Ave. Scarborough, ON M1W 2S8

时间: 每周四下午 1:00 至 2:30, 11月21, 28日, 12月5, 12日共4次

使用语言: 粤语/普通话

报名及询问

请致电: 416-316-3803 郭小姐



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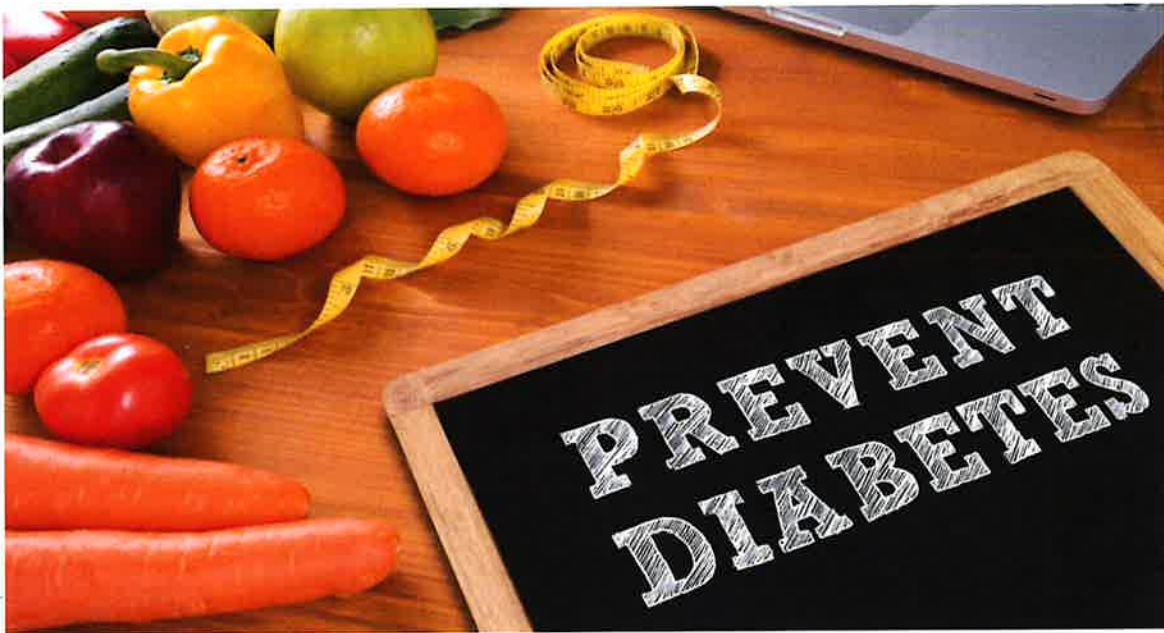
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Library Settlement Partnerships



Diabetes Prevention Workshop

- What is Diabetes? | Who are at risk? | What does healthy eating mean?
- Benefits of regular physical activity | Source of stress---How to cope with stress.
- Gentle stretch out exercise and walking

Where: Toronto Public Library – Bridlewood Branch
#157A, 2900 Warden Ave. Scarborough, ON M1W 2S8

When: Thursdays, November 21, 28, December 5, 12 (Four Sessions)
From 1:00 to 2:30p.m

Language: Cantonese/ Mandarin
For registration and information

Please call: 416-316-3803 Library Settlement Worker
torontopubliclibrary.ca



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