



## 二型糖尿病(普通話)

### 內容:

- 什麼是糖尿病?
- 預防及管理
- 健康飲食



**日期：2020 年 1 月 22 日 (星期三)**

**時間：下午 3:30 - 下午 4:30**

**地點：SPLC 耆樂中心 (3333 Finch Ave East) – 餐廳會議室 C**

**講員：劉姑娘，註冊營養師 (Scarborough Centre for Healthy Communities)**

**荊姑娘，註冊護士 (Scarborough Centre for Healthy Communities)**

歡迎長者和照顧長者人仕參加!

欲了解詳情及報名, 請致電 (416) 493 – 3333

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## Type 2 Diabetes (Mandarin)

### Content:

- What is Diabetes?
- Prevention and Management
- Healthy Eating



**Date: Jan 22, 2020 (Wed)**

**Time: 3:30 pm - 4:30 pm**

**Venue: Senior Persons Living Connected (3333 Finch Ave East) – Seminar Room C**

**Speaker: Ms Lau, Registered Dietitian (Scarborough Centre for Healthy Communities)**

**Ms Xing, Registered Nurse (Scarborough Centre for Healthy Communities)**

**Older Adults, Caregivers of aging relatives are welcome!**

**For more information / registration: please call (416) 493 – 3333**