

Diabetes Management

Presented by Registered Nurse and Registered Dietitian

Join Flemington Health Centre's Certified Diabetes Educators to learn more about:

- healthy eating and nutrition
- physical activity
- how to interpret blood work
- testing your blood sugar



To register contact us at:

 **416-429-4991 ext. 276**

 **416-640-5298 ext. 416**

WHEN

**Tuesdays
or
Wednesdays**

6:00 pm to 7:30 pm

WHERE

Online on Zoom
Zoom link will be shared
upon registration.