

Resistance Band Exercises for Prediabetes & Diabetes

Facilitated by Lucy Arkell, Fitness Instructor Specialist

Join us to learn resistance band exercises to improve muscle strength and blood sugar management. All participants will receive a free resistance band.

Please note that this session is for people living with prediabetes or diabetes. Registration is limited.



To REGISTER contact us at:

📞 **416-640-5298 ext. 416**

📞 **416-429-4991 ext. 276**

WHEN

Contact us for upcoming dates.

WHERE

In-person at:

Flemingdon Health Centre
5 Fairview Mall Dr
Suite 359
North York, ON M2J 2Z1

Or

Flemingdon Health Centre
10 Gateway Blvd
North York, ON M3C 3A1