

Living a Healthy Life with Diabetes

Do You Struggle with Diabetes?

Register for this **FREE** 6 week program that teaches strategies to manage your pain.

Learn About

- Practical skills and tools to feel better
- Starting and maintaining exercise
- Healthy eating
- Managing medications
- Communicating with your health care providers
- Planning and problem solving

Workshops Details

- 2.5 hours a week for 6 weeks
- Developed and tested by Stanford University
- Led by two trained leaders
- Receive the “Living a Healthy Life with Chronic Conditions” resource book
- Light snack provided
- Individuals, family members and care givers are welcome

Next Workshop:

Date: Wednesday September 19th – October 24th

Time: 9:30am – 12:00pm

Location: Century Gardens

340 Vodden St. E. Brampton, ON L6V 2N2

Room:

To Register;

Please call; 905 863 2574 or 1844-643-7393

Or email; cdsm@williamoslerhs.ca

**Funded By:**

Ontario Ministry of Health and Long Term Care

Hosted By:

William Osler Health System

Workshops Offered In:

Brampton, Rexdale, Malton,
Dufferin County, Caledon and
Woodbridge