



Vaughan Community Health Centre
Member of Vaughan Health Campus of Care

DIABETES EDUCATION PROGRAM

*Invites you to attend **FREE**
educational sessions
For adults with Type 2 Diabetes*



Diabetes Education

Mondays, Sept. 14,21,28 and Oct. 5—1pm-3:30pm

Weight Management Program

**Orientation session, Thursday- September 10, 10-11.30am
Every Thursday 10am-12noon-Sept. 17 to Dec 03 (except Oct.
22)**

Cholesterol Education

Tues. Oct. 27-5:30-7pm, Thurs. Oct 29-10am-11:30 am

**Learn to self-manage your
diabetes with:**

**Registered Nurse,
Registered Dietitian,
Guest Speakers**

****Individual Counseling also
available**

Snacks offered

**To register call :
Natalie
(905)303-8490 ext.137**

**Location:
9401 Jane Street. , # 206, Vaughan**