

Diabetes Support Group



First Thursday of the Month

(Break in July & August)

2:00 – 3:30 pm



Sobeys Community Room (581 Huron Street, Stratford)

For people living with diabetes and/or their caregivers

2019	2020
September: Grocery Store Tour & Label Reading	January: New Year, New You! – Stress & Mindfulness
October: Minding your Medications	February: Hearing Loss & Diabetes with Danielle Bromley -HearingLife
November: Sick Day Management	March: Plant Based Protein Sources
December: Strategies to Curb your Cravings & Enjoy the Holidays	April: Diabetes on Date Night & Eating Away from Home
	May: Steps Towards Foot Care
	June: Physical Activity & Diabetes *Bring your sneakers!*

Support Group led by HPHA Diabetes Educators & Guest Speakers!

Questions call: 519 272 8210 ext. 2366

Or online at www.huronperthdiabetes.com

