

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

| 2018 | 2019 |
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| September: Driving & Diabetes- What's new that you need to know! | January: Optimizing online websites for diabetes and nutrition |
| October: Travelling with Diabetes | February: Heart Health & Diabetes |
| November: Sick Day Management | March: March into spring with your best foot forward! (Footcare) |
| December: Managing the Holidays | April: Eye Health & Diabetes |
| | May: Getting Ready for Patio Weather-all you need to know! |
| | June: the Mediterranean Diet |

Support Group led by HPHA Diabetes Educators & Guest Speakers!

Questions call: 519 272 8210 ext. 2366

Or online at www.huronperthdiabetes.com

