

FYI...

In lieu of purple sample bags this year, all participants will be entered into a draw to win one of several door prizes. There will also be a chance to pick up recipe cards, booklets & other samples graciously provided by our partners!



Huron Perth Diabetes Day

DATE: Friday, May 1st, 2020

TIME: 9:30 a.m. – 3:30 p.m.
Doors open at 9:30 am

PLACE: West Perth Community Centre (Mitchell Arena)

COST: \$25.00 per person
(includes lunch)

Add \$5.00 if registering after
Friday, April 17th, 2020

If not contacted, your
registration has been accepted.

For further information please
call 519-272-8210 ext. 2365

www.huronperthdiabetes.com

**26th Annual Huron Perth
Diabetes Day**

**Change Your Today to Improve
Your Tomorrow!**



Friday, May 1st, 2020

9:30 a.m. - 3:30 p.m.

Doors Open at 9:30am

**West Perth Community Centre
185 Wellington Street | Mitchell, ON**

Program Outline

- 9:30** **Doors open**, Registration & View Displays
- 10:00** Welcome & Vendor intros
- 10:15** “The New Canada’s Food Guide & Plant-Based Eating”
Robin Scott
- 11:00** Break & View Displays
- 11:30** “Hearing & Diabetes”
Danielle Bromley
- 12:00** Lunch & visit Displays
- 1:00** “Stroke Prevention”
Louise Flanagan
- 1:30** Chair Exercises
- 1:40** “Ask the Educator” Panel
Huron Perth Diabetes Educators
- 2:00** “When You’re Happy & You Know It: Why Happiness Matters to Your Health & How to Get More of It”
Angela Rolleman
- 3:15** Evaluations & Wrap-Up

Speakers

Robin Scott, BScFN, Dietetic Intern
Graduate of Fanshawe College’s Food & Nutrition Management program & Brescia University College: Western University’s Nutrition & Dietetics program. Robin is currently completing her dietetic internship at the Huron Perth Healthcare Alliance to become a Registered Dietitian.

Danielle Bromley, HearingLife
Outreach coordinator for HearingLife. Danielle specializes in promoting the importance of hearing health & creating awareness for the National Campaign for Better Hearing. She is passionate about helping more individuals hear better.

Louise Flanagan, RN, BScN, CCN(C)
Stroke Nurse Clinician & Certified Cardiovascular Nurse at the Huron Perth Healthcare Alliance & District Stroke Centre. Louise is a graduate of Conestoga College’s Diploma in Nursing program & Ryerson University’s Bachelor of Nursing Program. She has 31+ years of nursing experience in various clinical areas.

Angela Rolleman, MSW, RSW
Registered social worker, speaker & trainer. She provides training workshops for organizations & personal development workshops for individuals. She is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program & she runs a company called Mission: Empowerment, which provides personal & professional development seminars & events.

Registration Form

Cost: \$25.00

Includes Lunch

Friday, May 1st, 2020

NAME: _____

ADDRESS: _____

PHONE: _____

Please make cheque payable to

Huron Perth Diabetes Day

& mail to:

Huron Perth Diabetes Program

Stratford General Hospital

46 General Hospital Drive

Stratford, ON | N5A 2Y6

*** Please kindly let us know if you would like a receipt! ***

Please register by Friday, April 17th, 2020