

Seeking friendly conversation about diabetes?



HealthyU

Sharing learning, healing & wisdom.

**Learn more about how to prevent or,
take care of your diabetes including:**

- ⊕ healthy eating & physical activity
- ⊕ ways to deal with stress
- ⊕ how to take care of your feet
- ⊕ medicines and much more!

Time: Mondays 1:30 – 3:30 PM
(except statutory holidays)

**Place: Win Gardner Place /
North End Wellness Centre**
363 McGregor St.
(at College Ave)

Free to register. call 940-1963

Food, Refreshments & Prizes

*Services provided by a partnership between Mount Carmel Clinic and
Aikins Community Health Centre*

