



Diabetes Prevention Class

FREE EDUCATION SESSIONS

WHEN: APRIL 28, 2010 & MAY 25, 2010
WHERE: FORTINOS COMMUNITY ROOM
1579 MAIN ST. W.
TIME: 6:00 – 8:00 PM

Must register for these sessions

Please call Public Health Services at (905) 546-3540.

PRE-REGISTRATION REQUIRED

Are you interested in preventing diabetes?

Attend this class to find out:

- How to lower your risk for diabetes
- Who is at risk for developing diabetes
- The signs and symptoms of diabetes
- What food and lifestyle choices can help prevent diabetes

