

Diabetes Education Program

Four Counties Health Services Site
1824 Concession Drive, Newbury ON NoL 1Z0
(519) 693-6502

Community Event Calendar

July - December 2014 - Diabetes Education Classroom

Diabetes Class	Date	Time
Conversation Map: Diabetes and Caring for Your Feet Join us as we navigate the map for tips on how diabetes affects and tips on how to care for your feet	Tue July 15	1:00 - 2:30pm
Conversation Map: How Diabetes Works Join us as we navigate the map for a review of how diabetes works in our bodies	Tue Aug 12	1:00 - 2:30pm
'Speaking of Bones' - Osteoporosis Prevention Guest Speaker from the Osteoporosis Society	Tue Sep 16	1:00 - 3:00pm
Diabetes Support Group Kickoff	Fri Sep 26	2:00 - 3:00pm
Alzheimer 2014: 'The Importance of Early Diagnosis' Guest Speaker: Susan Oster from the Alzheimer Society	Tue Oct 14	1:00 - 2:30pm
Celebrating Diabetes Awareness Month Grant Maltman, Curator of Banting House Canadian Diabetes Association, will be our guest speaker	Tue Nov 18	1:00 - 3:00pm
Holiday Class Free Lunch Provided!	Mon Dec 8	11:30-1:00 pm
Special Events	Date	Time
Walk for Your Health Program Join others touched by diabetes and walk your way to a healthier you!	Tuesday & Thursday	10:30 - 11:00am
Drop in Diabetes Support Group *See kickoff date above*	Last Friday of the month	2:00 - 3:00pm

All Classes are free & everyone is welcome.

Individual appointments with the nurse and dietitian are also available.

For information or to register please call: (519) 693-6502

