

DIABETES EDUCATION PROGRAM

*****St. Andrews Presbyterian Church*****

152 Albert Street, Strathroy, ON — Free Parking

SCHEDULE OF EVENTS

JULY - DECEMBER 2023

JUL 13	Finding Your Footing with Diabetes Foot care for Diabetes Time: 1:30 - 3:30 pm
WED AUG 9	***DATE , LOCATION AND TIME CHANGE*** Fun in the Sun Try an Aqua fit Class with us! Wednesday 3:45 Strathroy Town Pool Must RSVP 519-245-5902 \$2 deposit to hold your spot 15 spots only first come basis
SEPT 14	Learn about Lifeline Medical Alert Products Guest Speaker : Sandra Shields, Lifeline Canada Time: 1:30 pm—3:30 pm
OCT 12	Let's Talk Food Labels How to read food labels and maximize vegetable and protein intake Time: 1:30 - 3:30 pm
NOV 9	Diabetes Month Guest Speaker Grant Maltman Learn about the history of Diabetes with Banting House Time: 1:30 pm—3:30 pm
DEC 14	Happy Holidays RSVP 519-245-5902 Celebrate with us! Festive activities and snacks Time: 1:30 pm—3:30 pm



**ACTIVE IS EASY!
WALKING GROUP**

LOCATION:
The Shops on Sydenham

Join us for fun activity and weekly themes !

Every Monday & Thursday
10:00am

**VON SMART
EXERCISE PROGRAM**

Call VON at
519-245-3170
For locations and times

**STRETCH AND
STRENGTH
Low-impact Fitness Class**

**Location: YMCA
Strathroy**

**Most Wednesdays
9:00 am**

All Classes are free & everyone is welcome!