

## DIABETES EDUCATION PROGRAM

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

152 Albert Street, Strathroy, ON — Free Parking

**REGISTRATION REQUIRED FOR ALL CLASSES 519-246-5902**

## SCHEDULE OF EVENTS

JULY—DECEMBER 2025



<b>JUL 18</b>	<p><b>Make a Splash and Feel the Difference !!!</b>                  Learn about the benefits of Aquafit and try out a                  FREE class on us!  <b>MUST PRE REGISTER Call for details</b>  <b>LIMITED SPOTS</b></p>
<b>AUG 14</b>	<p><b>Strong Bones for a Strong Life</b>                  Learn about prevention and management of                  osteoporosis and good bone health                  Guest Speaker Sarah / Ont. Osteoporosis Strategy                  Time: 1:30 - 3:30 pm</p>
<b>SEP 11</b>	<p><b>Taking charge of Cholesterol</b>                  Discover diet and lifestyle recommendations supportive of                  cholesterol and triglyceride management                  Time: 1:30 - 3:30 pm</p>
<b>OCT 9</b>	<p><b>Dining Like a Dietitian</b>                  Explore the world of fast food and restaurants with                  our dietitian educator and discover tips for dining out                  Time: 1:30 - 3:30 pm</p>
<b>NOV 20</b>	<p><b>***DATE CHANGE*** Diabetes Month</b>                  Explore the history of Sir Frederick Banting, banting house                  and insulin with                  Banting House Curator Grant Maltman</p>
<b>DEC 11</b>	<p><b>Celebrate the Season</b>                  Join our staff for a holiday celebration complete with                  snacks, tips to ace the holidays with diabetes and fun                  activities                  Time: 1:30 pm—3:30 pm</p>

**ACTIVE IS EASY!  
WALKING GROUP**

**LOCATION:**  
The Shops on Sydenham

Join us for fun activity and  
weekly themes !

Every Monday & Thursday  
10:00am

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

Location: YMCA Strathroy

Most Wednesdays  
9:00 am

**VON SMART  
EXERCISE PROGRAM**  
Call VON  
519-245-3170

All classes are free  
Everyone is Welcome

Individual appointments  
with the nurse and dietitian  
are also available.  
For information or  
to register  
519-246-5902