

Diabetes Education Program

Strathroy Middlesex General Hospital Site
395 Carrie Street Strathroy, ON N7G 3J4
(519) 245-5295 ext. 5957

Community Event Calendar

July - December 2014 - Strathroy Hospital Auditorium

Diabetes Classes	Date	Time
Diabetes Basics Conversation	Wed Jul 23	1:30 - 3:30pm
Learn Carbohydrate Counting	Wed Aug 27	1:30 - 3:30pm
Blood Pressure Management Guest Speaker: Come check your blood pressure and learn about keeping it in check	Thur Sep 18	6:00 - 8:00pm
'Keep Your Bones Healthy' - Guest Speaker from the Osteoporosis Society	Wed Oct 22	1:30 - 3:30pm
Celebrate the Holidays! Festive lunch provided! Location: Strathroy Lions Hall 432 Albert St., Strathroy	Wed Nov 26	12:00 - 2:00pm
Special Events	Date	Time
Active is Easy! Walking Group Location: Kenwick Mall Join the fun with weekly themes & monthly prizes!	Tuesday and Thursday	10:00 - 10:30am
SMART VON/DEC Exercise Classes Location: Strathroy Legion A Diabetes Educator is available the first Friday of each month for blood glucose testing and to answer diabetes questions.	Monday and Friday	9:15 - 10:15am

All Classes are free & everyone is welcome

Individual appointments with the nurse and dietitian are also available

For information or to register for an event please call:

(519) 245 - 5295 ext. 5957

