



# Diabetes Education Program

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

## Community Event Calendar

July - December, 2015 - Four Counties Fireplace Lounge

Diabetes Classes	Date	Time
<b>Conversation Map: How Diabetes Works</b> An interactive game to review how diabetes works in our bodies	Tue Jul 14	1:00 - 2:30pm
★ <b>Special Event - Blueberry Picking</b> ★ Discover the health benefits of this seasonal local berry! Join us for FREE refreshments and a litre of fresh picked berries <b>Meet at Parks Blueberry and Country Store at 11:00am:</b> 14815 Longwoods Rd. Bothwell, ON NoP 1Co	Wed Jul 29	11:00am - 12:30pm
<b>Canadian Diabetes Association</b> <b>Banting House Museum Tour with Grant Maltman, Curator</b> <b>Meet at 1:30pm: 442 Adelaide Street North London On, N6B 3K8</b>	Tue Sep 15	1:30 - 3:00pm
<b>Healthy Harvest Soups - Free Luncheon</b> Tips & recipes for delicious & healthy homemade soups	Tue Oct 20	11:30am - 1:00pm
<b>Diabetes from the Ground up... footcare and footwear</b> Presented by Kathleen Klement, Certified Pedorthist	Tue Nov 10	1:00 - 2:30pm
<b>DEC the Halls</b> Free holiday luncheon	Tue Dec 8	11:30am - 1:00pm
Special Events	Date	Time
<b>Walk for Your Health Program</b> Join others touched by diabetes and walk your way to a healthier you! * Meet in the Diabetes Education Classroom *	Tuesday & Thursday	10:30 - 11:00am
<b>Diabetes Support Group - Last Friday of each month</b>	Last Friday	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