



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 2015 - Strathroy Hospital Auditorium

Diabetes Classes	Date	Time
Conversation Map: How Diabetes Works A review of how diabetes affects the body	Wed Jul 22	1:30 - 3:30pm
Wheat Belly: War on Wheat documentary and discussion on the hot topic that is changing the way many people eat!	Wed Aug 26	1:30 - 3:30pm
Living Well with Diabetes Presented by Ashley Thuss, Social Worker	Wed Sep 23	1:30 - 3:30pm
Love the Skin You Live In Presented by Bill Chadwick, Coloplast Canada	Wed Oct 28	1:30 - 3:30pm
DEC the Halls Christmas Celebration Join the Diabetes team for nibbles and holiday fun!	Wed Dec 2	1:30 - 3:30pm
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/DEP Exercise Class * Starting September * 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 please call: (519) 245 - 5295 ext. 5957