

Community Event Calendar

January - June 2016 - Strathroy Hospital Auditorium

Diabetes Classes	Date	Time
Medications and Meters - See what's new in meter technology and medications to help manage diabetes	Wed Jan 27	1:30 - 3:30pm
It Takes Guts - David Suzuki documentary on intestinal microorganisms and how they affect our health & weight	Wed Feb 24	1:30 - 3:30pm
Spring Forward Staying mentally and physically well with diabetes	Wed Mar 23	1:30 - 3:30pm
Craving Change Why we eat the way we do and suggestions for changing our behavior, thoughts and emotions around food	Wed Apr 27	1:30 - 3:30pm
Carbohydrate Counting - Menu planning, grocery shopping and review of carbohydrate containing food and beverages	Wed May 25	1:30 - 3:30pm
Make Ahead Summer Meals - FREE LUNCH PROVIDED!	Wed Jun 22	12:30 - 2:30pm
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 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	9:00 - 10:00am

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