



Diabetes Education Program
 Four Counties Health Services Site
 1824 Concession Drive, Newbury ON N0L 1Z0
 (519) 693-6502

Community Event Calendar

July - December 2016 - Four Counties Fireplace Lounge

Diabetes Classes	Date	Time
Strawberry Social Enjoy locally grown berries and learn the health benefits of this delicious fruit!	Mon Jul 18	1:00 - 2:30pm
What's Sugar Got to do with it? Learn all about sugar in our food choices	Tue Aug 16	1:00 - 2:30pm
ABC's of Diabetes	Tue Sep 20	1:00 - 2:30pm
Healthy Harvest Soups Free lunch provided!	Tue Oct 18	11:30am - 1:00pm
Keeping Positive to Stay Healthy Relaxation activities and the benefits of positive thinking	Tue Nov 22	1:00 - 2:30pm
Ho, Ho, Ho! Let's Celebrate the Season Together Free lunch provided!	Mon Dec 5	11:30am - 1:00pm
Special Events	Date	Time
Craving Change - 4 class program Each week you will build upon knowledge learned at previous classes to help you establish healthy habits for life!	Monday's Aug 8, 15, 22 & 29	1:00 - 3:00pm
Walk for Your Health Program 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
Diabetes Support Group - Last Friday of each month	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