



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 2016 - Strathroy Hospital Auditorium

Diabetes Classes	Date	Time
Berry Fun! Pick, Eat and Learn Meet at Kustermans Berry Farms, 23118 Springwell Road, Mt. Brydges (rain date Tue Aug 2)	Tue Jul 26	9:30-11:30 am
What's Sugar Got to do with it? Learn all about sugar in our food choices	Wed Aug 24	1:30-3:30 pm
Group Flexibility Fitness at YMCA - be ready to exercise! Meet at 305 Frances Street, Strathroy * Registration required	Wed Sep 28	1:30-3:30 pm
Keeping Positive to Keep Healthy Relaxation activities and the benefits of positive thinking	Wed Oct 26	1:30-3:30 pm
Living a Long and Healthy Life and Preparing for a Stress-free end to Life with Funeral Director, Bill Denning	Wed Nov 23	1:30-3:30 pm
Ho, Ho, Ho! Let's Celebrate the Season Together with a Free Diabetes-friendly lunch * Registration required	Wed Dec 7	12:30-2:30 pm
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