



Diabetes Education Program

Strathroy Middlesex General Hospital Site
 395 Carrie Street, Strathroy ON N7G 3J4
 (519) 245-5295 ext. 5957

Community Event Calendar

July to December 2017 - Strathroy Hospital Auditorium

| Diabetes Class | Date | Time |
|--|----------------------|-----------------------|
| A visit to Kusterman's Berry Farms for Berry Picking. Each attendee will receive a sample on us! Meet at 23188 Springwell Road, Mt Brydges N0L 1W0 | Wed July 26 | Meet there at 9:30 am |
| Mental Health is important too! Preventing Diabetes burnout and Diabetes-friendly summer treats. | Wed Aug 23 | 1:30 - 3:30 pm |
| Let's talk feet, footwear and Diabetes. Come for your free footwear assessment with Kathleen from SoleScience. | Wed Sept 27 | 1:30 - 3:30 pm |
| A tour of Twin Pines Orchards for Apple Picking and Lessons in Apples. Each attendee will receive some apples on us! Meet at 8169 Kennedy Line, Thedford N0M 2N0 | Wed Oct 11 | Meet there at 1:00 pm |
| Learn about the Glycemic Index and experience just how tasty low GI can be with samples of healthy harvest soups. | Wed Oct 25 | 1:30 - 3:30 pm |
| Let's Celebrate the Holiday Season together! Healthy holiday tips, dance demos and a free holiday light lunch provided. Registration required* | Wed Nov 29 | 12:00 - 2:00 pm |
| Special Events | Date | Time |
| Active is Easy! Walking Group at 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 Monday 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