



Diabetes Education Program

Strathroy Middlesex General Hospital Site
 395 Carrie Street, Strathroy ON N7G 3J4
 (519) 246-5902

Community Event Calendar

January to June 2018 - Strathroy Hospital Auditorium

Diabetes Class	Date	Time
Let's Dip and Dive into a Healthy 2018! Learn to make SMART goals and super smart snacks.	Wed Jan 24	1:30 - 3:30 pm
Eat Your Greens! Tour & 'Treat' at Sleger's Greenhouses. * Please meet at 7496 Calvert Drive, Strathroy *	Wed Feb 28	1:30 - 3:30 pm
Come join us for 'Body Positive: Improve your attitude and find your healthy you' Offsite Event. Call for info!	March 22nd	All-day event!
Energy. Let's create some! Group preparation of energy bites as well as invigorating education * Registration required *	Wed Apr 25	1:30 - 3:30 pm
Special Guest Speaker, Dr. Brock Rondeau , will share his research on Sleep Apnea and Diabetes!	Wed May 30	1:30 - 3:30 pm
Healthy Eating Without Breaking the Bank! We will enjoy a light lunch together. * Registration required *	Wed June 27	12:00 - 2:00 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 monthly for blood glucose monitoring 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) 246-5902