

DIABETES EDUCATION PROGRAM
*******St. Andrews Presbyterian Church*******
 152 Albert Street, Strathroy, ON — Free Parking
REGISTRATION REQUIRED FOR ALL CLASSES 519-246-5902

SCHEDULE OF EVENTS

July—December 2026

JUL 09	Discovering Dexcom® Discuss the newest continuous glucose monitoring technology with Dexcom® Time: 1:30 - 3:30 pm
AUG 13	Your Eyes and Diabetes Guest Speaker : Dr. Arunjot Takhar Let's discuss Diabetic Retinopathy, Cataracts, Macular degeneration and more Time: 1:30 - 3:30 pm
SEPT 10	Foot Care for Diabetes Guest Speaker: Local foot Care Nurse—Karina Proulx, Lets talk preventative foot care for diabetes Time: 1:30 - 3:30 pm
OCT 08	Preventing Falls at Home Guest Speaker: Sandra, Lifeline Canada Discussing falls prevention and services offered Time: 1:30 - 3:30 pm
NOV 12	Diabetes Month: The Life of Banting Guest Speaker: Grant Maltman Discover more about the life of Sir Frederick Banting Time: 1:30 pm—3:30 pm
DEC 10	Season's Greetings Don your best festive attire and join our educators to welcome the holiday season with holiday games, snacks and fun !! Time: 1:30 pm—3:30 pm



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TIVE IS EASY!
WALKING GROUP

LOCATION:
The Shops on Sydenham

Join us for fun activity and weekly themes !

Every Monday & Thursday
10:00am

STRETCH AND STRENGTH
Low-impact Fitness Class

Location: YMCA Strathroy

Most Wednesdays
9:00 am

VON SMART
EXERCISE PROGRAM
Call VON
519-245-3170

All classes are free
Everyone is Welcome

Individual appointments
with the nurse and dietitian
are also available.
For information or
to register
519-246-5902

