



*Put **life** back  
into your life.*

**Do you live with challenges  
and complications as a result  
of diabetes or pre-diabetes?**

Join us for a **free** six-week **Diabetes workshop**.

**DATES**

**TIME**

**LOCATION**

**Pre-registration is *required*.**  
**To register call 905-697-2656.**



**Self-Management Program  
Central East**