



*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*. Register at the reception desk at the
Whitby Senior Centre or call 1-866-971-5545 or online at
www.ceselfmanagement.ca**



**Self-Management Program
Central East**