



Diabetes Series

Bengali Women

Wednesday October 18th, 2017

1:00 - 3:00 pm

Topic: Diabetes 101

Wednesday November 1st, 2017

1:00 - 3:00 pm

Topic: Healthy Eating

Wednesday November 15th, 2017

1:00 - 3:00 pm

Topic: Label Reading

Wednesday November 29th, 2017

1:00-3:00 pm

Topic: Exercise & Self-Care

Wednesday December 13th, 2017

1:00-3:00pm

Topic: Healthy Recipe Cooking Group

Where: **Regent Park Diabetes Education Program**

409 Parliament St. (Parliament & Gerard)

**Open to all Bengali speaking women.
Pre-registration is required!**



**Please call
416.603-0336
for details.**



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