

# Diabetes Drop-In



# Winter 2017 Activities

## Simple, Low Cost Cooking Group

**Tuesday January 17**  
**2:30pm to 3:30pm**

**Tuesday February 21**  
**2:30pm to 3:30pm**

**Tuesday March 21**  
**2:30pm to 3:30pm**



## DIABETES EDUCATION PROGRAM

409 Parliament Street  
@ Gerrard Street East  
Toronto, ON M5A 3A1  
Phone: (416) 603-0336



**Have a question about diabetes  
prevention or living with diabetes?**

**Drop-in & have a chat with a  
Registered Nurse or Dietitian.**

1st and 3rd Tuesday of the month

**2:00 - 4:00 pm**

**January 17, 2017**

**February 7, February 21**

**March 7, March 21**



**REGENT PARK**  
COMMUNITY HEALTH CENTRE

**\*open to people with diabetes, those who support people with diabetes and those who want to prevent diabetes**