

Want to meditate but have a hard time sitting still?

This group is for you. Practice meditation techniques. No meditation experience necessary.

Meditate



4 Health



*For people with diabetes
and those who want to
prevent diabetes. **FREE.**

When: Mondays 2:00pm to 3:00pm
April 24th, May 1st, May 8th, May 15th

Where: 409 Parliament Street (Gerrard)



DIABETES EDUCATION PROGRAM

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