



"SWEET TALK"

What YOU Want to Know about Diabetes

- What:** Join us to learn and share about diabetes:
- what it means for you, your friends and family;
 - the new guidelines and recommendations;
 - how to manage it ... YOUR way.

This informative, interactive and fun program will provide you with practical information about meal planning, shopping, medications, physical activity, emotional adjustment and more!

Who: For adults with diabetes, their families and friends

Where: North Lanark Community Health Centre
207 Robertson Drive, Lanark



When: The following Wednesdays from 6:00 – 7:30 pm.



- September 22, 2010
- October 27, 2010
- November 24, 2010
- December 15, 2010

Facilitators: Lori Campbell, Registered Nurse
Ronit Ferdman, Community Dietitian

Cost:



For more information or to register
call Lori or Ronit at 613-259-2182
or 1-866-762-0496



North Lanark
Community Health Centre
A part of Lanark Health and Community Services



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