



Community
Living
Toronto



Type 2 Diabetes Prevention Workshop

Tuesday, Jan. 30

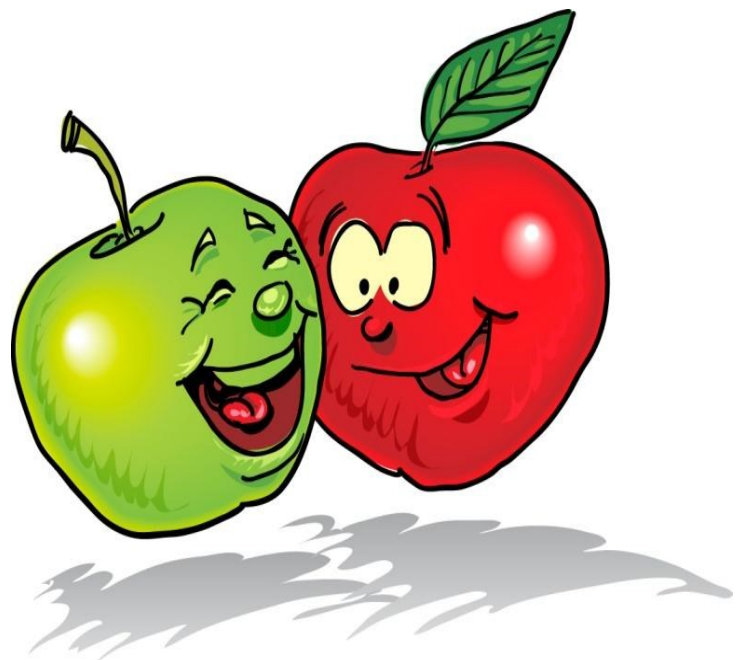
1—3 p.m.

Foster's Clubhouse

40 Birch Avenue

Learn about your risk factors, what steps you can take to prevent diabetes. We'll be talking about healthy eating and exercise and even do some activities!

This is a **free** peer-led workshop offered by Homes First.



To RSVP contact:

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