

**PQWCHC's Diabetes Team - Parkdale Site
Presents:**

Living Life Well with Diabetes

**Join us in February and March for 7 weeks to
learn more about:**



**Healthy eating
on a budget**



**Physical
activity**



**How to set goals
and cope with
stress**



**How to manage
blood sugars and
understand your
medications**

**To Register, please
call Linda at
416.537.2455 ext.
1236**

**Thursdays!
February 6th to
March 26th, 2020
from 1:30 - 3:30 p.m.**

