

# Diabetes

## FREE EDUCATION SESSIONS

Open to the public or by physician referral | Call ahead to book.

Offered in Hamilton



## Type 2 Diabetes Prevention

Are you interested in preventing Type 2 Diabetes?

### Attend this class to find out:

- What you can do to lower your risk for diabetes
- What you need to know about your blood sugar level
- Who is at risk for developing diabetes
- What are the signs and symptoms of diabetes

Presented by the **Public Health Services, City of Hamilton**

Evening classes are available in 2010.

Call (905) 546-2424 ext. 3635 for dates and locations.

## Diabetes: First Steps

Have you recently been diagnosed with Diabetes?

In this session you and your family can attend to learn the first steps in taking care of diabetes as well as:

- Nutrition tips
- Exercise information
- Medications
- Management techniques

Presented by the  
**Canadian Diabetes Association**

(905) 540-2512

All sessions start at 7pm and take place at Fortinos, 65 Mall Road, Hamilton.

### Session Dates:

January 20  
February 17  
March 17  
April 21  
May 19  
June 16  
July 15  
August 18  
September 15  
October 20  
November 17  
December 15

Hamilton Diabetes Collaborative (and Coordination of Diabetes Education Sub Working Group)

