

Let's Move With Diabetes!

We can help you get active & stay active!

Where: Hamilton General Hospital
237 Barton St., Hamilton
McMaster Wing, Margaret Charters
Auditorium



When: The first Tuesday of every month
6:30-7:30 pm

This presentation includes information about:

- The benefits of regular physical activity for people with diabetes
- The type of physical activities that are safe and most effective to lower blood sugar
- How much, how often and how intense should physical activity be

You will learn:

- How you can get started and become more physically active safely
- How to set achievable goals for increasing physical activity
- How to deal with barriers that stop you from being more physically active

To register for this class:

Call Teresa at 905-527-4322 ext 41448