

**It's my
health.
It's my
*life.***



**Do you live with challenges
and complications as a result
of diabetes or pre-diabetes?**

Join us for a **free** six-week **Diabetes workshop**.

DATES

TIME

LOCATION

**Pre-registration is *required*, for more information:
Call 1-866-971-5545 or register online at www.ceselfmanagement.ca**



Self-Management Program  Ontario

