



**Put *life* back
into your 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**

 **Central East LHIN**
Self-Management Program

Self-Management Program  Ontario