

Diabetes Wellness Support Group



Join us for 6 weeks of diabetes support !

Each session includes:

- Presentation on diabetes topic (ex. Nutrition, exercise, medications)
- Supportive discussion
- Snacks and drinks provided

Mino Bimaadsawin Health Centre, 57 Mason Dr,
RR1 Saugeen First Nation, ON

Thursdays @ 5-7pm
Nov 14- Dec 19

Register ahead of time

Contact Renée for details 519-376-5508 x2113

E-mail: ryoung@soahac.on.ca

Draw prize for full 6 week attendance



Southwest Ontario
Aboriginal Health
Access Centre