

Diabetes Wellness Support Group



Join us for 6 weeks of diabetes support !

**Thursdays @ 1-3pm
Jan 23 & 30, February 6, 2020**

Each session includes:

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

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

Register ahead of time

Contact: Wendy Gregory Community Health Nurse 797-3336 ext 1011.

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