

Eat, Move & Live Healthier!

Led by Black Creek Community Health Centre Diabetes Peer Leaders



Wednesday January 11th –
March 1st 2017

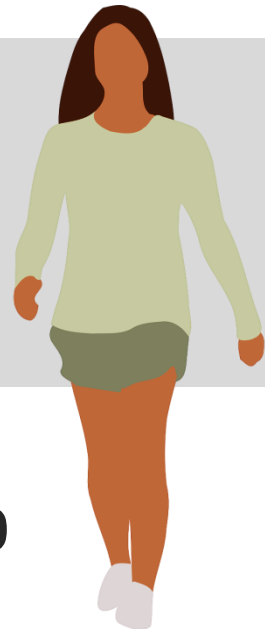
1PM-2:30PM

Doorsteps Neighbourhood Services
40 Falstaff, Unit 10

Join us for an interactive and fun
8-week workshop about preventing diabetes!

Learn about:

- Diabetes risk factors
- How to eat healthier and shop healthier
- How to be more physically active everyday
- How to take steps to manage your stress



To register please call
Patricia or Joan at 416-241-9430



Black Creek
Community Health Centre

Part of the Toronto Public Health
Diabetes Peer Leadership Project

DOORSTEPS
NEIGHBOURHOOD SERVICES