

LIVING WELL WITH DIABETES



October 9th – Kidneys, Feet, Heart and Eyes

October 16th – *Getting Active with Diabetes*

with Dustin Kimber, Kinesiologist with Portage-Gladstone My Healthy Team

October 23rd – *Using Insulin*

can be attended whether you are currently using insulin, starting on insulin, or just interested in learning more about insulin

October 30th – *Managing Stress and Living a Balanced Life*

with Margaret Warner, Social Worker with Portage-Gladstone My Healthy Team

Presented by

- ⊕ Angela Tucker, RD, CDE
- ⊕ Margo Klassen, RN BN

Time

- ⊕ 1:30 to 3:30 pm

Location

- ⊕ Gladstone Health Centre,
Conference Room - Main Floor of Hospital

For more information or if you are interested in attending any of the workshops, please contact:

Angela (204) 385-2968 ext. 2247, or email atucker@southernhealth.ca