



Primary Health Care

Spotlight on Diabetes



1st Thursday of each month at 10:00am

Feb 2024

Label Reading & Carb Counting

**Taking the guess work out of
nutrition facts**



WHAT: A monthly support group with FREE presentations appropriate for those who have been diagnosed with diabetes, their caregivers, and partners.

WHEN: 1st Thursday of each month from 10:00—11:30 am

WHERE: 161 Bridge St. W., Belleville

FREE & Open to Everyone in the Community!

For more information or to reserve your spot, please call **613-962-0000**

Note: Group programs may be cancelled with short notice due to COVID-19.



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