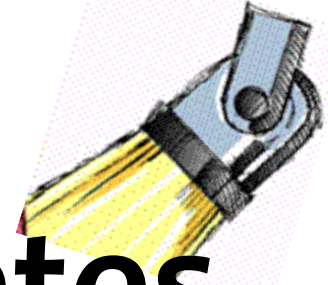




Spotlight on Diabetes



1st Thursday of each month at 10:00am

October 2023

**Do I HOLD medications
if I'm sick ?**

**Sick Day Management
for Diabetes**



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 Street West, Belleville

FREE & Open to Everyone in the Community!

For more information or to reserve your spot, please call **613-965-0698**

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



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