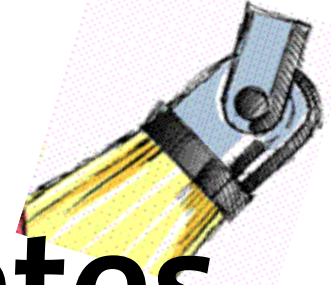




Primary Health Care

Spotlight on Diabetes



1st Tuesday of each month at 10:00am

February 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 Tuesday of each month
from 10:00—11:30 am

WHERE: 69 Catherine St. Trenton

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.



Like us on Facebook!



Follow us on Twitter!