



**West Toronto
Diabetes Education
Program**
...achieving health goals together!

Physical Activity Workshops with Deb

**If you have
Type 2 Diabetes or Pre-Diabetes
or are interested in Diabetes prevention?**

Date: Tuesday, September 6th
to November 8th (10 weeks)

Time: 10:30am—11:30am

Location: 365 Evans Avenue
(at Kipling) Ste 201

** TTC tokens or tickets available



**To sign up contact Carol 416-252-1928
Space is limited**