

FREE DIABETES WORKSHOPS

VIRTUAL

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Do you live with **Diabetes** or are a Caregiver for someone who does?

JOIN US and learn how to take control of you and your health!!



Learn About

- Learn to manage blood sugar levels & prevent complications
- Healthy eating, light exercise & dealing with difficult emotions
- Gain confidence with medication management

Learn About

- Reducing caregiver stress
- Better communication of feelings
- Improve the ability to make tough decisions
- Taking care of yourself

UPCOMING VIRTUAL WORKSHOPS

Thursdays August 3— Sept 7, 2023	1:30pm— 4:00pm	https:// myhdiab_aug3. eventbrite.ca
---	-------------------	---

UPCOMING VIRTUAL WORKSHOPS

Thursday September 14, 2023	1:30pm— 4:00pm	https:// dhfy_sept14.ev entbrite.ca
--	-------------------	---

Contact Us

Toll Free: 1-855-259-3605

Email: communications@wechc.org

www.wechc.org

Registration is required

Workshops take place online using the ZOOM platform. Link will be sent only to registered attendees prior to the workshop.