



***Do you or a family member have type 2 diabetes or pre diabetes?
Do you want to learn more about diabetes and its management?***

Motoring to Wellness in collaboration with CAW Local 222 Education Committee and Durham Region Diabetes Network is pleased to offer a series of **FREE** group sessions “*Living Well With Diabetes*”.

These sessions will be facilitated by a Diabetes Educator and topics include:

- * what you should know about diabetes
- * risk factors
- * exercise
- * healthy eating
- * healthy food choices
- * medications
- * driving
- * foot care

Location: CAW Local 222, Hall 1
1425 Phillip Murray Avenue
Oshawa, ON

Time: Once a week for 5 weeks
Thursday November 20th through December 18th
either 1:00 pm – 2:30 pm **or** 3:30 pm – 5:00 pm

Friday November 21st through December 19th
10:00 am – 11:30 am

Register: 1-800-841-2729 ext. 2863

Space is limited to 20 individuals per session!



For additional locations and information on the Living Well With Diabetes sessions, visit www.durhamregiondiabetesnetwork.ca