

Healthy Movement Healthy Plate



A 6-week program hosted on Mondays.



Weekly exercise session and ingredient bag pick-up at 3pm



Oshawa & Pickering



To register call the DEP at:

905-723-0036 ext: 1268

Increase your understanding and skills, in the healthy exercise and eating practices you need to prevent and manage Type 2 Diabetes.

Join us for:

- A 1.5 hour in-person exercise class each week facilitated by skilled trainers. Exercise equipment will be provided along with support for people having mobility challenges.
- A weekly pre-recorded cooking demonstration and healthy eating class, created by a Registered Dietitian. Comes with all the ingredients you need to follow along.

YOU MUST:

- Be an adult 18+ living with Prediabetes OR T2DM
- Have participated in the Diabetes Education Program Introductory or Refresher group
- Have an email address
- Be able to attend **all 6 weeks** of the exercise and cooking groups

Limited participants per session!

If you require accessibility assistance, please contact info@durhamchc.ca or 1-877-227-3217



www.durhamchc.ca

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