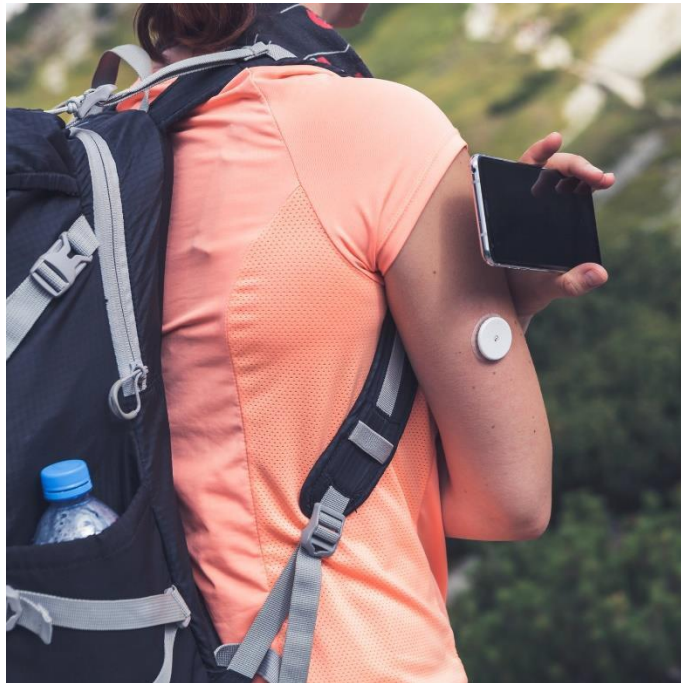


Meaningful Monitoring



Thursdays



10am-12pm



Oshawa & Pickering



To register call the DEP at:

905-723-0036 ext: 1268

Part 2 of the Diabetes Refresher Workshop.

This workshop will assist adults living with Type 2 Diabetes in developing their understanding and skill in self-monitoring, appropriately maintaining good blood sugar levels, and becoming more familiar with how their diabetes medication works.

YOU MUST:

- Be an adult 18+ with Type 2 Diabetes
- Be on diabetes medication
- Be using or interested in using a blood glucose monitor*
- Registered with or will register with the DCHC Diabetes Education Program (DEP)

***Glucose meters NOT provided**

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



www.durhamchc.ca

1-877-227-3217

DURHAM COMMUNITY HEALTH CENTRE
Our Health. Our Community. Our Durham.