



## Diabetes Evening Information Sessions

All Welcome - No Need to Register - Drop-in's Welcome

**SIMCOE:** First Thursday of every month. Start time 6:30pm.

For more information, call Pat Hiebert @ (519) 426-0130 ext 1438

Date	Topic
Feb 4, 2016	Diabetes and Depression
March 3, 2016	Sleep Apnea— Does It Affect My Blood Sugar
April 7, 2016	Spring into Action—Improving Muscle Strength
May 5, 2106	Sensible Snacks
June 2,2016	Can't Beat Healthy Feet!
Sept 1, 2016	Drugs for Diabetes
Oct 6, 2016	Travelling with Diabetes
Nov 2016	Diabetes Information Event

Location: Haldimand Norfolk  
Diabetes Program, Simcoe  
Norfolk General Hospital,  
Main Floor, Robinson St

**HAGERSVILLE:** Last Tuesday of every month. Start time 6:30pm.

For more information, call Pat Hiebert @ (905) 768-3311 ext. 2191

Date	Topic
Feb 23,2016	What's new in the Med Cupboard for Diabetes?
March 29,2016	How to Manage Depression and Diabetes
April 26, 2016	Spring into Action—Improving Muscle Tone
May 31, 2016	SOADI— Aboriginal Information Session
June 28,2016	Heart Healthy Cooking
Sept 27, 2016	Can't Beat Healthy Feet!
Oct 25, 2016	Diabetes Bingo Night
Nov 2016	Diabetes Information Event

Location: Haldimand Norfolk  
Diabetes Program, Hagersville  
West Haldimand General  
Hospital, Second Floor

**DUNNVILLE:** First Monday of every month. Start time 6:30pm.

For more information, call Esther Lessard @ (905) 774—7431 ext. 1232

Date	Topic
Feb 1, 2016	Laughter Yoga
March 7, 2016	Which diet is right for you?
April 7, 2016	Medication Update
May 2, 2016	Triple D: Diabetes, Depression, and Distress
June 6, 2016	Shared Harvest Cooking Class
Sept 12, 2016	How to prevent Heart disease and Strokes
October 3, 2016	Healthy Eating for 1 or 2
November 2016	Diabetes Information Event

Location: Haldimand Norfolk  
Diabetes Program, Dunnville  
418 Broad St. (between HWMH  
and Edgewater Gardens)

***A great opportunity to connect with your diabetes educator and resources in your community!***