

DIABETES SUPPORT GROUP

COMMUNITY PROGRAMS

LOOKING FOR MOTIVATION AND HELP?

REGISTER NOW FOR OUR MONTHLY DIABETES SUPPORT GROUP!

This supportive environment will connect you with others to talk about issues, concerns, and success stories! Stay on track with your healthy lifestyle goals and receive new and useful tips from our diabetes dietitian.



DATES: 3rd Tuesday of each month starting April 18th, 2023
(*no class in May, class resumes on June 20th)

TIME: 2:30 - 4:00 pm

LOCATION: Orchard View by the Mississippi,
219 Paterson St, Almonte, ON

Family & friends of those with diabetes are also welcome to register.

TO REGISTER, call 613-284-2558 or visit our website: rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

RCCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.