



Healthy Eating and Diabetes Wellness

January 27, 2022

4:00 pm – 5:00 pm

Are you newcomers to Canada wishing to better manage your health? Join this on-line information session and learn more about:

- Diabetes education and prevention
- How to take an active role in the day-to-day management of one's own health care
- The importance of monitoring blood sugar levels, healthy eating, exercises, and other lifestyle choices
- How to access one of Ontario's Diabetes Education Programs for assistance



For more information, please contact:
Amira Girgis, Settlement Counsellor
519-999-0371

agirgis@ncce1.org

Registration Information:

Zoom - A link with a password will be sent to registrants a day prior to the session



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

**All of our programs & services including childcare
are available at no cost to eligible clients.**