

living a
healthy life with
chronic conditions

Central East LHIN
Self-Management Program

Need a healthy change?

**Do you have a Diabetes? Or do you care for someone who does?
Would you like to feel better so you can do more of the things you love?**



Six-week workshop

- Free of cost
- 2½ hours one day a week

Diabetes

Curve Lake Health Centre

38 Whetung St. East, Curve Lake

Tuesdays

October 14—November 25, 2014

(excluding Nov 11th)

1:30 pm—4:00 pm

**Due to limited class size pre-register by October 1st with
Melinda Taylor at the Curve Health Centre: (705) 657-2557**