

Diabetes & Me

"Building Relationships with the Diabetes Community"

Peterborough Bowlerama (Chemong Rd.)

Tuesday April 5th 2016

6:30PM-8:30PM

LET'S GET ACTIVE!!



Come on out to Peterborough Bowlerama for a fun filled evening of bowling!

You should know:

- *Physical activity can be as powerful as glucose-lowering medication... with fewer side effects.*
- *Physical activity levels of Canadians have fallen dramatically over the last 40 years.*
- *Fitness level is one of the strongest predictors of all-cause mortality in people with diabetes.*

**Please SIGN UP with Steve at 705 657-2557 or email
SteveToms@curvelake.ca**

ONLY 24 SPOTS AVAILABLE!

Each participant is required to cover shoe rental cost of \$2.50

Transportation or refreshments will not be provided for this event

