



DIABETES AWARENESS MONTH: LUNCH AND LEARN

THURSDAY, NOVEMBER 19TH
12:00-1:00PM
CURVE LAKE HEALTH CENTRE

LEARN ABOUT:
HEALTH FOOD CHOICES
STRATEGIES TO LOWER BLOOD SUGAR
SHORT EXERCISES TO PROMOTE HEALTH
GENERAL QUESTION PERIOD

FREE LUNCH PROVIDED
CHICKEN AND RICE SOUP
MAKE-YOUR-OWN TURKEY SANDWICHES
FRUIT SALAD FOR DESSERT

ALL ARE WELCOME!

Presented by Trent/Fleming School of Nursing students Annie Jensen and Eryn Murphy

TRENT/FLEMING SCHOOL OF
NURSING
PETERBOROUGH, ONTARIO, CANADA