



Anishnawbe Health Toronto

**225 Queen Street East,
Toronto, ON M5A 1S4
Tel: 416-360-0486 www.aht.ca**

Diabetes Education

**For adults with Type 2 Diabetes and at risk
for developing Type 2 Diabetes (pre-diabetes)**

**Drop-In every Tuesday from 10.00 AM to 4.00 PM
in the Board Room at 225 Queen Street East**

Take control of Diabetes by Learning About:



Eating Well



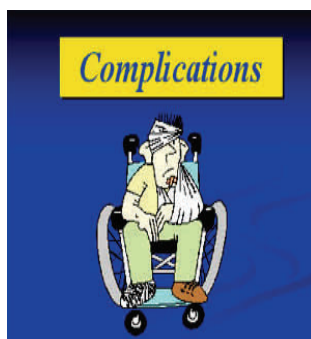
Physical Activity



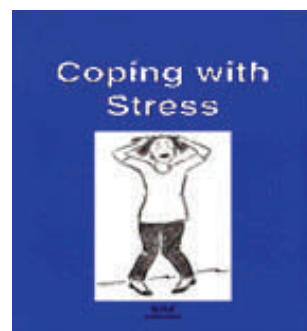
Importance of Foot Care



**Blood Sugar Testing
& Diabetes Medications**



Preventing Complications



Managing Stress

For more information please call 416-360-0486