



Diabetes Evening Information Sessions

All Welcome - No Need to Register - Drop-in's Welcome

SIMCOE: First Thursday of every month. Start time 6:30pm.

For more information, contact Pat Hiebert (519) 426-0130 ext. phiebert@ngh.on.ca1438

Date	Topic
Feb 1, 2018	Be Smart—It's Your Heart
March 1, 2018-RR	Rethink Your Drink
April 5, 2018	Dental Health and Diabetes
May 3, 2108	Managing the Medication Cupboard
June 7, 2018- RR	Heart Healthy Diet
Sept 6, 2018- RR	Let's Get Physical
Oct 4, 2018	Be Prepared For Sick Days
Nov 14, 2018	Diabetes Event- World Diabetes Day!

Location: Haldimand Norfolk Diabetes Program, Simcoe

Norfolk General Hospital,
Main Floor, Robinson St

RR-Resource Room

Follow signs to Diabetes Program.

HAGERSVILLE: Last Tuesday of every month. Start time 6:30pm.

For more information, contact Pat Hiebert (905) 768-3311 ext. 2191 phiebert@ngh.on.ca

Date	Topic
Feb 27,2018	Be Smart—Take Care of Your Heart
March 27, 2018	Rethink Your Drink
April 24, 2018	Relax, Refresh, Destress
May 29, 2018	Healthy Eating for One or Two
June 26, 2018	Let's Get Physical
Sept 25, 2018	Be Prepared For Sick Days
Oct 30, 2018	Dental Health and Diabetes
Nov 14, 2018	Diabetes Event- World Diabetes Day!

Location: Haldimand Norfolk Diabetes Program, Hagersville
West Haldimand General Hospital, Second Floor

DUNNVILLE: First Monday of every month. Start time 6:30pm.

For more information, contact Esther Lessard (905) 774-7431 ext. 1232 elessard@ngh.on.ca

Date	Topic
Feb 5, 2018	Mental Health and Diabetes
Mar 5, 2018	Sit to Be Fit
April 2, 2018	Healthy Eyes: The Better to See You With
May 7, 2018	Rethink Your Drink
June 4, 2018	Cooking Class Caledonia Zehrs
Sept 10, 2018	Medication Update
Oct 1, 2018	Sick Day Management
Nov 14, 2018	Diabetes Event- World Diabetes Day!

Location: Haldimand Norfolk Diabetes Program, Dunnville
418 Broad St. (between HWMH and Edgewater Gardens)

A great opportunity to connect with your diabetes educator and resources in your community!