

## Introducing Diabetes Conversations 1 night Workshop OPEN TO ANYONE



*An interactive new approach to patient education that has people with Diabetes talking!*



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Managing Diabetes can be overwhelming. There is so much to learn about diet, monitoring, medicine and just plain day-to-day management. Now there is an exciting new program called Diabetes Conversations that fosters an interactive group experience that can make learning about diabetes fun and engaging. Come join us !!!

You can continue your learning process by attending this workshop at the INPLC. Topics include:

- ☺ Living well with Diabetes
- ☺ How Diabetes Works
- ☺ Healthy Eating and Keeping Active



**Bring all your questions and knowledge to share with your peers!**

**DATE:** NOVEMBER 21st

**TIME:** 5:30pm-7:00pm

**LOCATION:** Ingersoll Nurse Practitioner Led Clinic

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