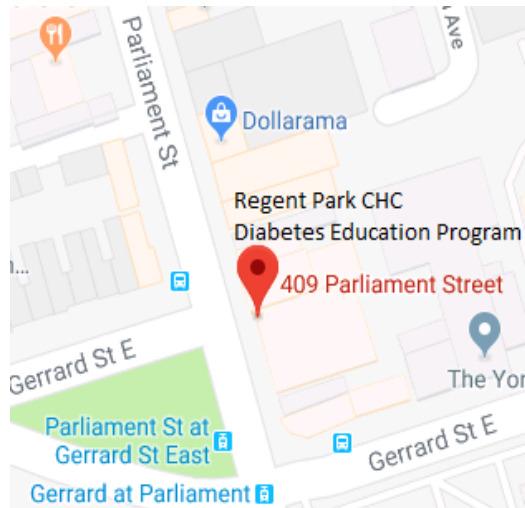


Diabetes Drop-In *** 2019 Activities



DIABETES EDUCATION PROGRAM

**409 Parliament Street
@ Gerrard Street East
Toronto, ON M5A 3A1
Phone: (416) 603-0336
www.regentparkchc.org**



Weekly exercise groups



**Call to find out about our
exercise group schedule**



REGENT PARK
COMMUNITY HEALTH CENTRE

**Have a question about diabetes
prevention or living with diabetes?**

**Drop-in & have a chat with a
Registered Nurse or Dietitian.**

Every Tuesday

2:00 - 4:00 pm

No appointment necessary.

All services are FREE.

***open to people with diabetes, those who support people with diabetes and those who want to prevent diabetes**