

## TYPE 2 DIABETES IS A SERIOUS DISEASE THAT CAN BE PREVENTED!



Join this **FREE** 6-week program about Type 2 Diabetes Prevention  
Where: **TOBIAS HOUSE - 511 – 695 Coxwell Avenue, Toronto**  
**Coxwell Subway station**

Wednesdays from 11:30 am to 2:30pm - January 10 to February 10, 2018

- **FIND OUT IF YOU ARE AT RISK - SCREENING**
- **GET TIPS ON MAKING HEALTHIER FOOD CHOICES**
- **GET IDEAS TO BE MORE ACTIVE AND LIVE WITH LESS STRESS**
- **ENJOY A DELICIOUS HEALTHY MEAL!**
- **TAKE PART IN AN ACCESSIBLE YOGA SESSION**



If requested we provide attendant care, ASL interpretation, Childminding



We provide TTC tokens, materials, and prizes. Including a Gift Card upon completion of the program.

REGISTRATION REQUIRED! [info.erdco@gmail.com](mailto:info.erdco@gmail.com) phone: