



Understanding Pre-Diabetes Online Workshop

This workshop is for anyone who is interested in preventing diabetes or anyone who has been diagnosed with prediabetes. In this class, we will discuss risk factors, address myths and facts, help you understand your blood work and provide practical suggestions to help you improve your blood sugar through lifestyle changes like healthy eating and exercise.

June 20th, 2023 from 12:30-1:30

Sep 19th, 2023 from 4-5 pm

Nov 16th, 2023 from 12- 1 pm

January 30th, 2024 from 4-5 pm

March 25th, 2024 from 12- 1 pm

May 28th, 2024 from 5-6 pm

Via Zoom Webinar

(Link will be provided upon registration)

This session is offered online and it is FREE OF CHARGE

Please **register** to be provided with a link and instructions to join this webinar. You will need access to a computer, tablet or smart phone but you do not need a camera. You will need an email address for registration and to access the webinar.

To register: Visit our website at www.ewfht.ca (please see workshop calendar)

For workshop questions, please email alliedprograms@ewfht.ca

Or call 519-833-7576 x 362