

FREE INTENSIVE ONLINE PROGRAM



# CONQUERING DIABETES IN SIX MONTHS!

A holistic approach to diabetes management led by a nurse, dietitian, kinesiologist and social worker

## WHAT TO EXPECT

- Weekly online meetings on Tuesday mornings.
- Learn about managing diabetes: nutrition, exercise & mastering your mindset.
- Receive a complimentary welcome package mailed to your home.
- Gain support from other people living with Type 2 Diabetes.
- Individualized support from each healthcare provider.
- Track results by measuring weight, inches, and bloodwork changes.

**Info session:** November 10 at 9:30 a.m.

**RSVP/register:** 613.354.8937 x7154 or [desireem@kchc.ca](mailto:desireem@kchc.ca)



Napanee Area Community  
Health Centre

A part of Kingston Community Health Centres (KCHC)