

The Canadian Diabetes Association & Evergreen Action Nutrition
invite you to the ...

Living with Diabetes Symposium



Wednesday, November 15, 2006

Afternoon Session: 2:00 - 5:30 PM (reg. code #73472)

Evening Session: 6:30 - 9:30 PM (reg. code #73473)

Evergreen Seniors Centre, 683 Woolwich Street, Guelph

Presentations include:

- **Diabetes - What's on Your Plate?**, by Kathy Butler, Registered Dietitian - Learn how food can affect your diabetes and get practical tips on buying and preparing suitable foods that taste good.
- **The ABC's of Diabetes & Medications**, by Mona Kshatri, Pharmacist, CDE
- Understand the role of medications in the management of type 2 diabetes, and how they can be a part of a management plan along with diet and exercise.

We welcome anyone affected by diabetes to take part in our keynote presentations, as well as learn how to integrate physical activity into your life, visit displays from local health promotion agencies, sample diabetes friendly snacks, enter to win door prizes and more.

Please register by Nov. 13th to reserve a seat.

A \$5 registration fee will apply.

Know who to turn to



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DU DIABÈTE

**To register, please call (519) 822-0517
or go to www.regexpress.guelph.ca**

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