



**Take your health into your own hands,  
safely and effectively!**

# Caring for Your Diabetes Head to Toe

Friday September 23	Compass – main site	9:00-11:30 am
Tuesday October 25	To be held via ZOOM	9:30-11:00 AM
Thursday November 10	Compass – main site	9:00-11:30
Monday December 12	Compass – main site	1:00-3:30 pm

**To pre-register please call :**  
**905 523-0090**



**Compass Community Health**  
438 Hughson Street North

