



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

Safe Self Care Workshops 2020

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE

ALL CLASSES ON HOLD DUE TO COVID 19

To pre-register please talk to your provider

or call : 1-877-361-3338

Simcoe : Norfolk General Hospital

MEET IN THE DIABETES CENTRE WAITING ROOM

365 West Street

Hagersville : West Haldimand General Hospital

MEET ON THE SECOND FLOOR

75 Parkview Road

Dunnville : Edgewater Gardens

MEET AT THE DIABETES HOUSE BESIDE EDGEWATER

428 Broad Street West

Brantford : Grand River CHC

363 Colborne Street

