



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

# Safe Self Care Workshops 2020

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE (kits included)

**ALL CLASSES ON HOLD DUE TO COVID 19**

Tuesday, Sept 22	Compass Main Site PLUS DIABETES SESSION with Nurse	1:30 – 3:30 pm
Friday, Nov 20	Compass Main Site PLUS DIABETES SESSION with Nurse	9:30 – 11:30

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



**Compass Community Health - Main Site**  
438 Hughson Street North

**Hamilton Mountain Satellite Clinic**  
688 Queensdale Ave. East – 3<sup>rd</sup> Floor