



**Feet First Steps For Health**  
Diabetic Foot Health Clinic

# Safe Self Care Workshops 2020

Clients, Caregivers & Family Members are Welcome

**SESSIONS ARE FREE (kits included)**

Friday, Feb 14	Compass Main Site PLUS DIABETES SESSION with Nurse	9:30 - 11:30 am
Thursday, Feb 27	Hamilton Mountain Site 688 Queensdale St East – 3 <sup>rd</sup> Floor	3:00 – 5:00 pm
Tuesday, April 21	Compass Main Site PLUS DIABETES SESSION with Nurse	1:30 - 3:30 pm
Thursday, April 23	Hamilton Mountain Site 688 Queensdale St East – 3 <sup>rd</sup> Floor	10:00 am - noon
Tuesday, May 12	Hamilton Mountain Site 688 Queensdale St East – 3 <sup>rd</sup> Floor	1:00 – 3:00 pm
Friday, June 12	Compass Main Site PLUS DIABETES SESSION with Nurse	9:30 – 11:30 am
Thursday, June 18	Hamilton Mountain Site 688 Queensdale St East – 3 <sup>rd</sup> Floor	10:00 am - noon
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

Services Provided by :



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