



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Alan P. Sentance Educational Lecture Series: Let's Talk Diabetes!

Presented by Delia Fagundes, from

~~DIABETES~~
CANADA



Wednesday, October 10th 2018
10:30—11:30am

Free OF Transpo Ride for seniors on
Wednesdays
The Good Companions

Come learn how to get active, one step at a time! You already know that you should eat well and exercise. But are you confused about how to get started? Join Diabetes Canada for a quick, interactive talk on how you can stay well. Diabetes Canada will have some simple tips to get you feeling better. Bilingual question period to follow. **This is a free seminar. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.
Space is limited. Call 613-236-0428 or stop by our Front Reception to register.
Parking available (\$2.50/day)
OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.