

The CNIB Eye Van Is coming to Manitouwadge

September 6th - 9th & 12th - 15th

IN PARTNERSHIP

**THE MANITOUWADGE DIABETES
HEALTH & WELLNESS PROGRAM
WILL BE PROVIDING:**

Diabetes Education and Screening Services

- Specialized diabetes educators on site
- Early detection of diabetes through screening
- Learn about the risk factors for diabetes

Daily Cookbook Draws

Drop in Screening Times:

8:30 - 11:30 am and 1:30 - 4:30 pm

Location: Manitouwadge Rec Centre

Free Give-Aways

For more information call:







826-3251 Ext. 208

or during Van times: cell - 229-7937

Eye Van by appointment only



Manitowadge Diabetes Health & Wellness Program

September				2011		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5	6	7	8	9	
<p>Learn about your risks for diabetes</p> <p>Everyone Welcome!</p>		<p>Join us for Education Sessions @ the Rec Centre</p> <p>Living with Diabetes</p> <p>1:30 - 3:30</p>  <p>Join us for this interactive education session</p> <p>with Diabetes Educator Jackie Jung, RN</p>			<p>Get The Facts On Blood Sugar Bingo</p> <p>1:30 - 3:30</p>  <p>Join us for this fun way to learn more about diabetes</p> <p>with Diabetes Educator Jackie Jung, RN</p>	
		<p>Food Labels</p> <p>10:00 - 12:00</p> <p>Join Reg. Dietitian Christine Young, for these interactive education sessions</p>			<p>Ask the Dietitian</p> <p>1:30 - 2:30</p> <p>Anything and everything you wondered about!</p>	
<p>Diabetes Screening - Blood Sugar Checks Available</p>						
	12	13	14	15	16	
<p>Join us for Education Sessions @ the Rec Centre</p> <p>Pedometer Give-Away Session</p>  <p>Come out and get a free pedometer!</p> <p>Join our pedometer program & learn "how to"!</p> <p>1:30 - 3:00</p>		<p>Caring For Your Feet</p>  <p>1:30 - 3:30</p> <p>Join us for this informative Education Session</p> <p>with Diabetes Educator Jackie Jung, RN</p>		<p>Salt, Sea Salt, Sodium, How Much? Where's It Hiding?</p>  <p>10:00 - 12:00</p> <p>Join Reg. Dietitian Christine Young, for these interactive education sessions</p> <p>What's a Carb? & Why Do I Need To Count Them?</p>  <p>1:30 - 3:30</p>		
<p>Diabetes Screening - Blood Sugar Checks Available</p>						

We are @ the Rec Center with CNIB Eye Van
Drop in for screening for Diabetes - Daily from 8:30 - 11:30 1:30 - 4:30

Free Give-Aways

Healthy Living Handouts

Daily Cookbook Draws