

# Taking Control of YOUR Diabetes

*Come join us for a 6 week program to help  
YOU learn to live a healthy life with Diabetes*

*Learn ways to:*

*Manage symptoms*

*Reduce fatigue*

*Feel Better*

**FREE!**

**Who?** Anyone living with Diabetes is welcome. Feel free to bring a family member, friend or caregiver

**When?** Thursdays from 6:00-8:00pm. Starting February 11th

**Where?** NorWest Community Health Centres,  
525 Simpson St.

**Interested?** Please call Jonelle at 622-8235 ext.  
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