

Living with Diabetes **Series**

**Join our Nurse Practitioner and Dietitian to learn more about living well
and managing your diabetes.
Blood sugar & blood pressure check's available.**

**NorWest Community Health Centres
525 Simpson Street
(2nd Floor)
1:30pm – 3:30pm**

Winter 2010

- January 21st “Diabetes Medications – old, new and herbal”
“Quit-smoking aides”
“Artificial Sweeteners” – are they safe to use?**
- February 11th “Under the weather” Sick day Management
“Was Mom right”? Does chicken soup really work?**
- March 18th “Lets get physical ! Getting more activity into your life”
“Healthy Weights: its all about balance”**



For more information call Jonelle at 622-8235