

Virtual session on:

Label Reading

Tuesday, November 28, 2023

6:00pm - 7:00pm

Join our **FREE** sessions lead by registered dietitian and registered nurse.

This group session is for adults with pre-diabetes or type 2 diabetes. Participants will learn about what to look out for on a nutrition facts table and how to compare two different food products.

Pre-registration

Call 416-787-1661 ext. 3303 or email info.dep@unisonhcs.org

Virtual Meeting Requirements

Technology and equipment including internet and device (computer, tablet, smartphone)

Be entered to win \$30 gift card by referring a friend with prediabetes or diabetes who is willing to be registered to our program.

