

Virtual session on:

Recipe Makeover for the Holiday Season

Tuesday, December 19, 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 how to modify recipes and healthy lifestyle tips to manage their blood glucose over the holidays.

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.

