



Safe Self Care Workshops

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE

Take your health into your own hands, safely and effectively!

Friday, December 15, 2017	BRANTFORD : Grand River CHC - Community Room B	2:00 – 3:30 pm
2018 CLASSES :		
Thursday, March 22	SIMCOE : Norfolk General Hospital	1:30 - 3:00 pm
Thursday, April 19	SIMCOE : Norfolk General Hospital	10:30 am - noon
Thursday, May 17	SIMCOE : Norfolk General Hospital	1:30 – 3:00 pm
Thursday, June 21	SIMCOE : Norfolk General Hospital	10:30 am - noon
Thursday, September 20	SIMCOE : Norfolk General Hospital	1:30 – 3:00 pm
Thursday, October 18	SIMCOE : Norfolk General Hospital	10:30 am - noon
Thursday, November 15	SIMCOE : Norfolk General Hospital	1:30 – 3:00 pm

To pre-register talk to : Melony or Jasmine
or please call : 1-844-223-3338



Simcoe : Norfolk General Hospital
MEET IN THE DIABETES CENTRE WAITING ROOM
365 West Street

Hagersville : West Haldimand General Hospital
MEET ON THE SECOND FLOOR
75 Parkview Road

Dunnville : Edgewater Gardens
MEET AT THE DIABETES HOUSE BESIDE EDGEWATER
428 Broad Street West

Services Provided by :