



# Safe Self Care Workshops

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE

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

Friday, February 24	<b>BRANTFORD :</b> Grand River CHC - Community Room B	9:30-11:00 am
Thursday, March 2	<b>SIMCOE :</b> Norfolk General Hospital	10:30 am - noon
Thursday, April 20	<b>SIMCOE :</b> Norfolk General Hospital	1:30 – 3:00 pm
Tuesday, April 25	<b>BRANTFORD :</b> Grand River CHC - Boardroom	2:00-3:30 pm
Thursday, May 18	<b>SIMCOE :</b> Norfolk General Hospital	1:30 – 3:00 pm
Thursday, June 15	<b>SIMCOE :</b> Norfolk General Hospital	1:30 – 3:00 pm
Wednesday, June 21	<b>BRANTFORD :</b> Grand River CHC - Community Room B	3:00 – 3:30 pm
Thursday, August 31	<b>BRANTFORD :</b> Grand River CHC - Boardroom	9:30 – 11:00 am
Thursday, September 14	<b>SIMCOE :</b> Norfolk General Hospital	1:30 – 3:00 pm
Friday, October 27	<b>BRANTFORD :</b> Grand River CHC - Community Room B	9:30-11:00 am
Thursday, October 19	<b>SIMCOE :</b> Norfolk General Hospital	1:30 – 3:00 pm
Friday, December 15	<b>BRANTFORD :</b> Grand River CHC - Community Room B	2:00 – 3:30 pm

**To pre-register please call : 1-844-223-FEET**



**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

**Brantford : Grand River CHC**  
363 Colborne Street

Services Provided by :