



Primary Health Care



Belleville and Quinte West  
Community  
Health Centre

# Spotlight on Diabetes



1st Tuesday of each month at 10:00am

May 2024

**Blood Sugar Monitoring**  
**Helpful tool for Self**  
**Managing.**



- WHAT:** A monthly support group with FREE presentations appropriate for those who have been diagnosed with diabetes, their caregivers, and partners.
- WHEN:** 1st Tuesday of each month from 10:00—11:30 am
- WHERE:** 69 Catherine St. Trenton

**FREE & Open to Everyone in the Community!**  
For more information, please call **613-962-0000**

*Note: Group programs may be cancelled with short notice due to COVID-19.*



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