

## Spotlight on Diabetes

## 1st Tuesday of each month at 10:00am

February 2023

rimary Health

Care

## **MYTHS AND FACTS**



 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
FREE & Open to Everyone in the Community!
For more information or to reserve your spot, please call 613-965-0698

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



Like us on Facebook!

Follow us on Twitter!

Website: www.bqwchc.com