

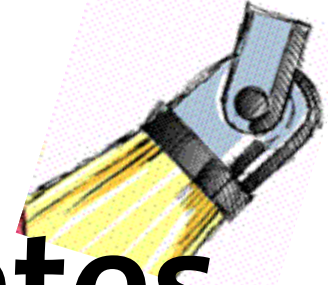


Primary Health Care



Belleville and Quinte West  
Community  
Health Centre

# Spotlight on Diabetes



1st Tuesday of each month at 10:00am

March 2024

## Resistive Training

**Benefits to Physical Activity**



**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 or to reserve your spot, please call **613-965-0698**

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



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