



"Resistance training is just as important as cardio. Train yourself to resist chocolate, pastries, fried foods, beer, pizza...."



# DIABETES WELLNESS PROGRAM



**IN THE SENECA ROOM,  
DAJOH YOUTH & ELDER'S CENTRE  
6:00 p.m. – 8:00 p.m.**

## *-Evening Education Sessions-*

### Diabetes 101



Wednesday, March 6<sup>th</sup>, 2019  
Teresa Dupuis  
Registered Nurse/CDE

### Nutrition for Healthy Living



Wednesday, March 13<sup>th</sup>, 2019  
Dakota Sinasac  
Registered Dietitian

### Calming Techniques



Wednesday, March 20<sup>th</sup>, 2019  
Darlene LaForme  
Registered Social Worker

### Hypoglycemia



Wednesday, March 27<sup>th</sup>, 2019  
Angela Montour  
Registered Nurse/CDE