

Take Charge of Your Feet!

Attend *Healthy Feet, Diabetes, and You* educational program!

What is the Healthy Feet, Diabetes, and You Program?

This is a peer and provider led program run by individuals who are experienced in addressing diabetic foot complications.



Who should attend the workshop?

If you answer yes to **ANY** of these questions...

- Have diabetes?
- Have tingling/numbness in your feet?
- Shape of your feet changing?
- Have sores/blisters on your feet?

...you will benefit from this workshop.

Sign up is required

Date: Wednesday June 13th

Location: 627 Queen's Quay

Time: 1:00PM to 3:30PM

- TTC Tokens and resources are provided

***Participants may be asked to remove their socks as part of the workshop.**

To register please contact Elizabeth:

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Email: elizabeth@waterfrontnc.ca