



Learn about *Diabetes Prevention* by:

- Cooking simple and tasty meals
- Choosing healthy foods
- Making healthy lifestyle changes

DIABETES PREVENTION WORKSHOP FOR NEWCOMERS

LEARN ABOUT HEALTHY COOKING IN CANADA

Eligible participants will get:

- Free info package with helpful diabetes prevention information and recipes
- A certificate of participation
- Bus Tickets (if needed)

*****This workshop is for English Level 6+**



Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6

Toll-free: 1-877-761-1155
www.welcomecentre.ca

To register:

Speak with Reception OR call 1-877-761-1155

Wednesdays, from 12:15 p.m. to 2:45 p.m.
May 22, May 29, June 5, June 12, June 19 and June 26

