



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:**

- A free book 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](http://www.welcomecentre.ca)

**To register:**

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

**Mondays from 2:45 - 5:45 p.m.**  
**Feb 26, Mar 5, Mar 19, Mar 26,**  
**Apr 9 & Apr 16**

**DIABETES  
CANADA**

