

Southern Region Diabetes Expo

Tuesday November 13th, 2012

Hupacasath House of Gathering

10am – 3pm

- Find out your risk for developing diabetes
- Learn how to eat healthy, be active, diabetes management, behavior change and prevention
- Know your numbers

Live healthy, be active and change the future of diabetes for you and your family

Come and see Sue Schaefer "Mrs. Pudding" 11am







For further information contact Matilda Atleo 250-724-5757