

New Way of Eating!

Bruyère Is There.



**Don't know how to
put a meal together?
...have diabetes/
prediabetes?**

Join TGI Friday Recipe to Rich Health

- Where

Loblaws

100 McArthur Ave,
Vanier, Ontario
K1L 8H5

- Hosts

Maggie Runacres

*(living with diabetes
for 30 years)*

&

Sylvie Jacques

*(MHS, RD, CDE,
Certified Diabetes
Educator)*

- Time

12:00 p.m.

- When

January...27

February...24

March....30

April.....27

May.....25

June.....29



Free

**To Register Call
613-744-0705
ext. 4**

**Cost
\$10**



 **Loblaws**