

# Diabetes & You

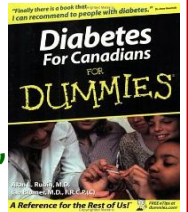
## Take Charge Expo

**When:** Saturday, November 12, 2011  
8:30 a.m. to 1:00 p.m.

**\* Presentations begin at 9:00 a.m. \***

**Where:** St. Mary's High School  
1500 Block Line Road, Kitchener

**What:** Keynote Speaker: **Dr. Ian Blumer,**  
*Author of **Diabetes for Dummies***



- **"Ask the Experts"** Panel Discussion
- **Tradeshow** displays with the latest diabetes products/services
- **Interactive Healthy Living Demos** such as *Nordic Pole Walking*
- **Speed Counseling** sessions with a variety of health professionals
- **Light Snacks, Door Prizes** and more!

**Who:** People with diabetes, at risk, caregivers, etc.

**Cost:** **FREE** ~ A token monetary or used clothing donation to the Canadian Diabetes Association is appreciated.

**For more Information, or to Register, call:**

**(519) 742-1481 x 221**

**\*Please PRE-REGISTER by NOV. 10/11. Seating limited.\***



*Expo agenda subject to change.*

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**Stand UP** to Diabetes

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DIABETES

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