

# Carefirst Diabetes Education – Online Education Group Session

## Sep, 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 PreDM Session 2:00-4:00pm (Cantonese)	4 Saturday Group I 9:00-12:00pm (Cantonese)
5	6	7	8	9	10	11 Saturday Group II 9:00-12:00pm (Cantonese)
12	13 Food Labelling Class 2:00-4:00pm (Cantonese)	14	15 Cantonese Group 2:00-5:00pm (Cantonese)	16	17	18
19	20	21 English Group 5:00-7:00pm (English)	22	23	24 Cooking Class 2:30- 4:00pm (Cantonese)	25
26	27	28	29	30		

# 耆暉會糖尿病教育中心 - 網上教育課程講座

## 2021年9月份

星期日	星期一	星期二	星期三	星期四	星期五	星期六
			1	2	3 糖尿病前期教育講座 2:00-4:00pm (廣東話)	4 糖尿病教育講座 I 9:00-12:00pm (廣東話)
5	6	7	8	9	10	11 糖尿病教育講座 II 9:00-12:00pm (廣東話)
12	13 食物標籤講座 2:00-4:00pm (廣東話)	14	15 糖尿病教育講座 2:00-5:00pm (廣東話)	16	17	18
19	20	21 糖尿病教育講座 5:00-7:00pm (英語)	22	23	24 烹飪班 2:30-4:00pm (廣東話)	25
26	27	28	29	30		

- **These group sessions will be held on an online platform – Zoom Meeting and open to public.**
- **For more information, or if you want to register for the group session, please call 905-695-1140 or 416-847-0283.**
- **If you are type 2 diabetes, prediabetes or at risk and will like to join our Diabetes Education Program, please ask your family doctor to send us a referral.**
  - [DEP Referral Form Feb 18 v.2 \(carefirstontario.ca\)](#) (MD referral)
  - [Carefirst Family Health Team \(carefirstontario.ca\)](#) (Self referral)
- **這些講座將在網上平台 – Zoom Meeting上舉行, 並向對外開放。**
- **查詢或登記請致電905-695-1140或416-847-0283。**
- **如果您是二型糖尿病, 糖尿病前期或高危人士, 並希望參加糖尿病教育中心, 請告訴您的家庭醫生向我們發送轉介信。**
  - [DEP Referral Form Feb 18 v.2 \(carefirstontario.ca\)](#) (醫生推薦信)
  - [Carefirst Family Health Team \(carefirstontario.ca\)](#) (自我推薦信)