

Carefirst Diabetes Education – Online Education Group Session

Jan, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7 PreDM Session 2-4pm (Cantonese) (RH)	8 Saturday Group I 9-12pm (Cantonese) (NTO)
9	10 Food Labelling Class 2-4pm (Cantonese) (NTO)	11	12	13 HTN Group 11-1pm (Cantonese)	14	15 Saturday Group II 9-12pm (Cantonese) (NTO)
16	17	18	19 Cantonese Group 2-5pm (Cantonese) (RH)	20	21	22
23	24	25 English Group 5-7pm (English) (RH)	26	27	28	29
30	31					

耆暉會糖尿病教育中心 - 網上教育課程講座

2022年1月份

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7 糖尿病前期教育講座 2:00-4:00pm (廣東話)	8 糖尿病教育講座 I 9:00-12:00pm (廣東話)
9	10 食物標籤講座 2:00-4:00pm (廣東話)	11	12	13 高血壓講座 11:00-1:00pm (廣東話)	14	15 糖尿病教育講座 II 9:00-12:00pm (廣東話)
16	17	18	19 糖尿病教育講座 2-5pm (廣東話)	20	21	22
23	24	25 糖尿病教育講座 5-7pm (英語)	26	27	28	29
30	31					

- 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)