



Diabetes Fit *Online*

Smart start to healthy living with prediabetes or type 2 diabetes *at home*

Are you struggling to get started with healthy habits like exercise? Join our *FREE* online **Diabetes Fit** program online to build life changing habits from the comfort of your own home.

- Participate in guided exercise, at the right pace for you with support from qualified exercise professionals.
- Learn about building healthy eating habits through registered dietitians.
- Receive a free home exercise kit. No special exercise equipment or large space is needed to participate.
- Connect with others working towards similar health goals.
- Access to a device and internet for video conferencing is required to participate. This program is hosted through ZOOM.



Spots are limited.

Sign up today!

https://bit.ly/DIABETESFIT_FALL2020

Diabetes Fit is supported by
the Waterloo Wellington LHIN



Morning, afternoon and evening programs available.

12 weeks, with one 90-minute session per week.

Programs start the week of
September 28, 2020