

DIABETES is a WORD



Not a SENTENCE.

Learn how to deal with it at a
November 7 Diabetes Awareness Day.

Come to St. Paul's Presbyterian
Church, 971 Woodroffe Avenue,
Ottawa between 11 a.m. and 4 p.m.

Learn how diabetes can affect your memory,
feet, and your hearing.



your

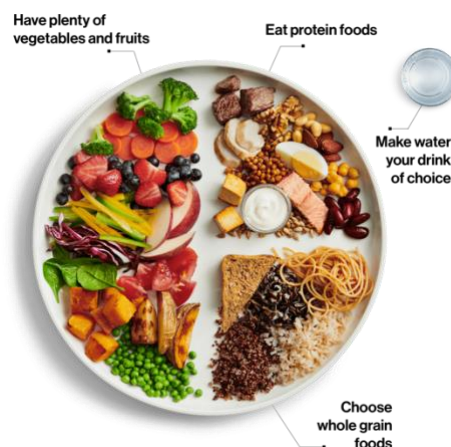
And what you can do about it. Also learn how a
good diet can help you feel better.

Register today by emailing

NEW EMAIL: diabetes@khlions.com



Free lunch for the first 100
registrants.



This Diabetes Awareness Day is sponsored by the
Ottawa West & Nepean Lions Club Branch as a
service to the community.