

Save the date for the Canadian Diabetes Association's Wellness Information Session in Winnipeg!

Finding Balance:

Mastering challenges, changes and choices for living with diabetes.

Featuring: Chris Everhardus, RN, CDE from St. Boniface Hospital

DATE: Saturday, April 24, 2010

LOCATION: Gymnasium and Atrium of the
Winnipeg Evangelical Free Church,
500 Lagimodiere Blvd.

TIME: 9:30 a.m. to 12:30 p.m. (Doors open at 9:30)

COST: \$10.00 (Free Parking available on site)

FOR MORE INFORMATION and REGISTER please call 925-3800 x226

Online registration will be available in February

WHAT TO EXPECT:

This learning event is for those with an interest in diabetes, well-being, and their community. It's your chance to:

Expand your diabetes awareness with an informative and educational presentation.

Consult an array of health and wellness experts on topics related to diabetes.

Evaluate the latest offerings and information from diabetes industry exhibitors

Connect with your peers and members of the diabetes community.

Join friends and supporters of the Canadian Diabetes Association as they welcome doctors, nurses, dieticians, and other noted members of the health and wellness community to provide an **"Ask the Expert"** venue.

Add to your diabetes awareness with a presentation by **Keynote speaker Chris Everhardus, a registered endocrine nurse and certified diabetes educator** from St. Boniface Hospital, who will address why, despite all of a person's best efforts, he or she still might face imbalances in their blood sugar.

Ask questions of **industry representatives and experts** with regards to diabetes products and services, and discover any new advances.

Take time to meet others in the local diabetes circle, and see who might share your challenges. Gather some fresh perspectives from your peers.