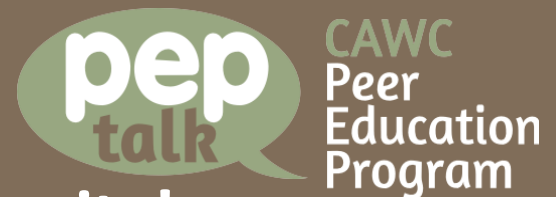


Take Charge of Your Diabetes!

Attend a *PEP Talk: Diabetes, Healthy Feet and You* educational workshop
—coming soon to your community!



What is the PEP Talk program?

PEP Talk is a peer-led workshop run by people like you who have experienced diabetic foot complications. They have been trained by experts and can help you prevent diabetic foot ulcers that may lead to amputation.

At the workshop you'll learn how to enjoy an active life, keep your feet healthy and prevent foot complications through good diabetic foot care practices.

Who should attend?

If you answer yes to any of these questions...

- Do you have diabetes?
- Do you have any tingling or numbness in your feet?
- Is the shape of your feet changing?
- Do you have sores or blisters on your feet?

...you will benefit from this workshop.

When and Where is it?

Date: Wednesday November 22nd, 2017

Place: Lumacare

2972 Islington Avenue, North York, ON M9L 2K6

Time: 10:00 – 11:30am

How do I register?

[Please contact:](#)

Andres Guerrero

Aguerrero@lumacare.ca

