

DIABETES DAILY

April 24th, 2026

11am-2pm

Nancy Tom Medical Centre

Daily life with diabetes can be a lot to understand. How do I plan my day? What do I need to bring? What do I need to think about? When and what to eat? All of these questions can seem to be stressful decisions but, they don't have to be. If you find yourself frustrated by these questions or, if you are looking for a simpler way to work through the daily overwhelming task of daily planning, join us for a very interactive, conversation driven afternoon. We will explore the when, what and why of creating a daily plan as a diabetic.

