

Diabetes Education, counselling, and group sessions

****Not currently at the Hub.**** Three current locations are: 520 Ellesmere Road, Suite 303, 1333 Neilson Road, Suite 320, and 629 Markham Road, Unit 2. Our dynamic team of Registered Nurses, Registered Dietitians, and Social Workers, educate and counsel clients at risk for Type 2 diabetes and pre-diabetes in both individual and group settings. We offer education on blood sugar monitoring, meal planning, physical activity, foot care, medication and insulin, stress management and weight management. This program is free of charge and open to individuals without insurance, including refugees and new immigrants. Self-referrals are accepted.

(416)-847-4160

By appointment only:

[Diabetes Program](#)