

Get healthier – one step at a time.

Let's Get Active to Prevent Diabetes!

A **FREE** 4-week physical activity & education program for adults aged **25-64** who do not have diabetes

Learn about what you can do to lower your chances of developing diabetes while having fun trying new activities with a physical activity instructor.

Light snacks and TTC tokens will be provided



Program Location:
Agincourt Public Library
155 Bonis Ave

Program Dates:
Thursday April 16, 23, 30 and May 7

Program time:
1:30- 3:30PM

Space is limited. Register now!
Please call Tina at 416-979-8299 Ext. 237
Or Renee at 647-517-4175

416.338.7600 toronto.ca/health |  **TORONTO** Public Health



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