

ONTARIO PROVINCIAL COUNCIL
THE CATHOLIC WOMEN'S LEAGUE OF CANADA



THE EDUCATION AND HEALTH STANDING COMMITTEE
PRESENTS

MARCH IS NUTRITION MONTH

WED. MARCH 8, 2023 | 7:00 PM – 8:30 PM
ZOOM

Featured Topic: Prediabetes

- What is Prediabetes?
- Tests and Diagnosis
- Signs and Symptoms
- Metabolic Syndrome
- Risk Factors
- Treatment/Lifestyle Changes
- Prevention of Type 2 Diabetes

Speaker: Roshni John, Registered Dietitian

Registration Deadline: **Mon. March 6th**

Contact: Shaila D'Souza shailaflavy@gmail.com

Login details provided after registration.

Go Make a Difference

CATHOLIC
and **LIVING IT!**

