

# EDUCATIONAL WORKSHOP

ONLINE

Windsor Essex Community Health Centre  
Centre de santé communautaire de Windsor Essex

**weCHC**  
Healthcare for You  
Des soins de santé pour vous

## Diabetes, Healthy Feet & You Educational Workshop

**Healthy Feet**  
www.DHFY.ca

### LEARN ABOUT:

- How to enjoy an active life
- Keep your feet healthy
- Prevent foot complications
- Proper diabetic foot care practices

- \* Classes are interactive
- \* **FREE** to attend
- \* All are welcome

### WHO SHOULD ATTEND?

- Do you have diabetes or care for someone who does?
- Do you have tingling or numbness in your feet?
- Is the shape of your feet changing?
- Do you have sores or blisters on your feet?



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[www.wechc.org](http://www.wechc.org)



Access using any  
computer, tablet or  
smartphone!

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## Diabetes, Healthy Feet & You

Upcoming Workshops

**Healthy Feet**  
www.DHFY.ca

Workshop Name	Dates	Time	Registration Link
<b>Diabetes, Healthy Feet and You</b>	Mondays February 1 & 8, 2021	9:30am—12:00pm	<a href="https://dhfy_feb1.eventbrite.ca">https://dhfy_feb1.eventbrite.ca</a>
	Fridays March 5 & 12, 2021	1:00pm—3:30pm	<a href="https://dhfy_mar5.eventbrite.ca">https://dhfy_mar5.eventbrite.ca</a>

\* Attendance for both weeks is expected; sessions will not be recorded \*



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