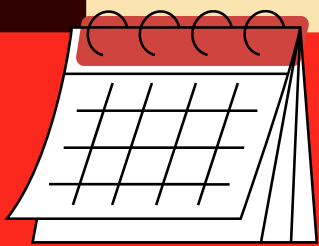


Free to Attend!

Preventing and Managing Diabetes in Our African Nova Scotian Communities

The Health Association of African Canadians is hosting a community education session in partnership with Nova Scotia Health Diabetes Centers.



Saturday, May 2, 2026
2:00PM-4:00 PM

Black Loyalist Heritage Society
119 Old Birchtown Rd



Take Care of Your Health!

Join us for a session on:

- Understanding prediabetes and Type 2 diabetes
- Nourishing your body
- Body movement
- Supporting your health and wellbeing

Refreshments will be served!

Please advise Wanda of any dietary restrictions.



To register or for more info, contact:



Wanda Doucette
902-749-7315

***Seating limited to 20 participants**



African Nova Scotian
Service Providers Network



Health Association
of African Canadians
Our Health is our Wealth

