

FREE ADMISSION



Join us at our 1st Annual Black Diabetes Expo

Learn how to prevent and manage diabetes while improving your overall health



Date:

Saturday, April 10, 2010
9:00 a.m. to 3:30 p.m.

Jamaican Canadian Association
995 Arrow Road (near Finch Ave. & Hwy 400)
North York, Ontario

Free admission, parking and light lunch.

The event includes:

- Guest speakers, Ask-the-Experts and live demos
 - Exhibitors, giveaways, sampling and products for sale (cash only)
 - Free bus from Malvern Town Centre
- Limited seats /pre-registration required**

Register now for bus/expo at 416-408-7140 and be entered into an early bird draw.

Visit diabetes.ca/black-expo for more information.

Hosted by CKLN's Allan Jones and featuring:

FREE blood glucose testing!

Blood glucose testing by Bayer Inc.
Also: blood pressure testing, BMI and diabetes risk assessment

Diabetes: You Are at Risk

Presented by: Dr. Everton S. Nicholas,
MB, BS, FRCP(C)

Head, Division of Endocrinology & Metabolism
Toronto East General Hospital

How to Take Control and Prevent the Complications of Diabetes

Presented by: Dr. Jacqueline James,
FRCP(C), MEd

Staff Endocrinologist, Mount Sinai Hospital
Associate Professor of Medicine, University of Toronto

Healthcare Expert Panel Discussion

Dr. Jacqueline James FRCP(C), MEd (Endocrinology)
Kathy Nelson, RN, BScN, MHScN, CDE
Dr. Sidney B. Radomski, FRCS(C) (Urology)
Dr. Sean Wharton, PharmD, FRCP(C)
Lisa Martin, RD, CDE

The Portion That Fits: Healthy Serving Sizes for Everyday Meals

Presented by: Ava Morgan, BAsc, RD, MHSc

Caribbean Cookup: Healthy Cooking Demonstration

Presented by: Chef Selwyn Richards, The Art of Catering

"Millie & Zackie"

The hilarious and informative story, written by Allan Jones, about cancer screening from a middle age couple living in Scarborough.

Sponsored by:



diabetes.ca/black-expo | 1-800-BANTING (226-8464)