



Another free benefit of membership...

The Seventh in our 2009 series of Lunch n' Learns

"Diabetes: What You Need to Know"

Join us as

**LISA HIGGINS,
PUBLIC PROGRAMS & SERVICES COORDINATOR
CANADIAN DIABETES ASSOCIATION**

- Presents the basics of diabetes, including the different types, risk factors, and signs and symptoms
- Discusses prevention, with emphasis on nutrition and exercise
- Find out how you can make your workplace healthier with examples and suggestions to get you started!

WHEN...

THURSDAY, JULY 9, 2009

REGISTRATION AND LUNCH: 11:30AM

PRESENTATION/ Q&A: NOON -1PM

WHERE...

BMO, BANK OF MONTREAL

1360 KINGSTON ROAD, UNIT 15, PICKERING L1V 3B4

(NORTHWEST CORNER OF KINGSTON ROAD & GLENANNA)

LUNCH GENEROUSLY PROVIDED BY BMO

Registration Form – July 9, 2009 – Free Lunch n' Learn Seminar with Jeff Quipp

NOTE – Pre registration is required for this event. Space is limited so register today!

Attendee(s): _____ Business: _____

Business address: _____

Phone: _____ Fax: _____

Email: _____

For further information, please contact the Board office at 905.686.0883.

Registrations can be faxed to 905-686-1057 or emailed to register@apboardoftrade.com

Ajax Pickering Board of Trade, 144 Old Kingston Road, Suite 10, Ajax ON L1S 3Z2 www.apboardoftrade.com

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