



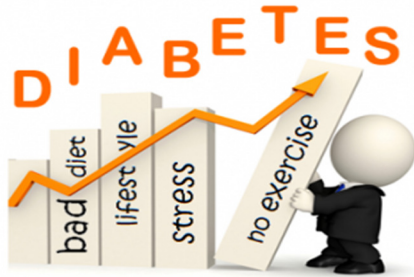
# DIABETES CANADA



COHOSTED BY  
ONTARIO KONKANI ASSOCIATION & SRINGERI VIDYA BHARATI  
FOUNDATION  
in collaboration with  
THE SOUTH ASIAN CHAPTER OF DIABETES CANADA

## DIABETES: PREVENTION AND MANAGEMENT

The prevalence of Diabetes in South Asians is high and rising both in South Asian countries, as well as in the diaspora. People with Diabetes can expect to live active, independent and vital lives by making a lifelong commitment to careful diabetes management.



With exercise, diet and medication Diabetes can be kept under control.

**Date** Sunday, October 21, 2018

**Time** 10 AM to 2 PM

**Venue** SVBF Community Centre,  
80 Brydon Drive, Etobicoke, ON M9W 4N6

10:00 AM to 10:20 AM

**Registration and Networking**

10:20 AM

**DIABETES: SCIENCE AND MANAGEMENT**

to

12:00 Noon

**Welcome and Introduction**

**Diagnosis and Clinical Course of Diabetes**

Dr. Shakkeela Kunjummar

MD, DCH,CCFP, FCFP, Lead physician Centrum Family Health Group

**Treatment of Diabetes**

Dr. Nisha Nigil Haroon

MD, MSc, Dip NB, CCD, DM Assistant Professor, Internal Medicine and Endocrinology, Northern Ontario School of Medicine and Staff Endocrinologist, Health Sciences North, Sudbury

**Diabetes: Holistic Approach**

Veena Shanbhag

Pharmacist, Certified Diabetes Educator and Certified Yoga Teacher

**QUESTION AND ANSWER SESSION  
NETWORKING**

12:00 Noon

**LUNCH**

12:30 PM

**DIABETES: PREVENTION AND MANAGEMENT**

to

2:00 PM

**Life Style Intervention for Diabetes Prevention and Management**

Shabnam Jabrani

Registered Dietitian and Certified Diabetes Educator.

**Healthy Cooking for Diabetes**

Siva Swaminathan

Chef, Educator and Cofounder of South Asian Chapter of Diabetes Canada

**Community Resources for Preventing and Managing Diabetes**

Baredu Abdulshekur RN, CDE. Rexdale Community Health Centre

**QUESTION AND ANSWER SESSION  
PLAN OF ACTION**

Lucky winner to receive an Instant Pot



REGISTRATION IS FREE BUT LIMITED  
Register asap by sending an email to  
**sadanand.mankikar@gmail.com**

