

Twin Bridges
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel
infirmier praticien **Twin Bridges**

Diabetes Picnic Basket

*“Preparing Meals to help manage
after meal blood sugar spikes”*

*Thursday March 20th, 2025
1:30 – 4:00pm*

*Twin Bridges Nurse Practitioner-Led Clinic
153 Christina Street South
(Please use our Front Street Entrance)*

*Together we will learn and make some simple meal
items that will help manage your diabetes.*

*Class will include sharing of information, food
preparation and tasting; recipes provided*

Register at www.twinbridgesnplc.com