

Safe Fasting and Diabetes Management During Ramadan



Presented by Registered Nurse and Registered Dietitian

Do you or your family members have Type 2 Diabetes?
Do you or your family members plan to fast during Ramadan?

Virtual session!

Join Flemington Health Centre's Certified Diabetes Educators to learn about staying safe with diabetes during Ramadan!

Topics covered:

- Healthy eating and meal ideas for Iftar and Suhoor to help manage blood sugar levels
- Fasting safely while taking diabetes medications, and preventing low or high blood sugar levels
- Tips on physical activity safety during fasting

To REGISTER Contact us at:



416-429-4991 x 276

WHEN

Tuesday

February 3, 2026

1:30pm - 3:00pm

WHERE

Virtually on Zoom

Registration link will be shared via email closer to the date