

diabetes education classes

in partnership with  Canadian Diabetes Association

We are proud to announce that we will be holding diabetes education classes on a monthly basis at our locations with a *President's Choice*[®] Cooking School or Community Room.

Choose from two types of sessions:

new to diabetes

This session includes:

- **What is diabetes?**
 - presented by a Canadian Diabetes Association Community Presenter
- **Grocery store tour**
 - with our in-store dietitian
- **Pharmacy tour**
 - with our pharmacist

living with diabetes

This session includes:

- **Living with diabetes**
 - presented by a Canadian Diabetes Association Community Presenter
 - **Cooking class***
 - with Canadian Diabetes Association approved recipes
- * where cooking classes are not available, a nutrition education session will be substituted

For dates and times for these classes, **visit our pharmacy.**

To find a pharmacy near you, see the reverse side.

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greatfood

Loblaws

Zehrs
greatfood

Zehrs MARKETS
You're important to us!

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superstore

REAL CANADIAN
Superstore* **FORTINOS**

Available in Dominion stores in Newfoundland and Labrador.



Alberta

Calgary Heritage Drive SE and Heritage Meadows Way S.E.
#100 - 20 Heritage Meadows Way S.E., 403-692-6235
Calgary Country Village Rd. N.E. & Harvest Hills Blvd. N.E.
100 Country Village Rd. N.E., 403-567-4235
Calgary Centre St. N. & 68th Ave. N.W.
7020 - 4th St. N.W., 403-516-8535
Edmonton 17th St. & Whitemud Freeway
4410-17th St. N.W., 780-450-2041

New Brunswick

Atholville Hwy. #11 & Val D'Amour Rd.
25 Savoie Ave., 506-789-7564
Edmundston rue Victoria & boul. Acadie
577 rue Victoria, 506-736-6108
Fredericton Smythe St. & Waggoners Lane
471 Smythe St., 506-459-4190
Grand Falls Ch. Madawaska & Ch. Industriel
240 Madawaska Rd., 506-473-6056
Miramichi King George Hwy. & Hennesy St.
408 King George Hwy., 506-622-5703
Moncton Trinity Dr. & Mapleton Dr.
89 Trinity Dr., 506-383-4955
Moncton Main St & Champlain St.
165 Main St., 506-852-2069
Oromocto Onondaga St. & Duplenne Way
1150 Onondaga St., 506-357-5566
Riverview Coverdale Rd. & Riverview Causeway
425 Coverdale Rd., 506-387-5085
Rothsay Campbell Dr. & Millennium Dr.
115 Campbell Dr., 506-847-7014
Saint John Rothesay Ave. & Thorne Ave.
168 Rothesay Ave., 506-648-1330
St. Stephen King St. & Hwy. #1
195 King St., 506-465-1467
Sussex MacKay Hwy & Main St.
44 Lower Cove Rd., 506-433-9838
Tracadie in Le Rond Point
3455 ave. Principale, 506-393-7019

Newfoundland

Conception Bay South Conception Bay Hwy. & Greenslade's Rd.
166 Conception Bay Hwy., 709-834-3801
Corner Brook Murphy Square & Lewin Pkwy.
5 Murphy Square, 709-634-0795
Gander Laurel Rd. & Cooper Blvd.
100 Laurel Rd., 709-651-4330
Grand Falls-Windsor Cromer Ave. & Pinsent Dr.
17 Cromer Ave., 709-489-5751
St. John's Lake Ave. & King's Bridge Rd.
20 Lake Ave., 709-576-1817
St. John's Blackmarsh Rd. & Columbus Dr.
260 Blackmarsh Rd., 709-576-1885

Nova Scotia

Amherst South Albion St. & Robert Angus Dr.
126 South Albion St., 902-661-0380
Antigonish Hwy. #104 & Market St.
26 Market St., 902-863-4046
Bedford Bedford Hwy. & Hwy. #102
1650 Bedford Hwy., 902-835-3086
Bridgewater Davison Dr. & Aberdeen St.
21 Davison Dr., 902-543-1296
Dartmouth Prince Albert Rd. & Hwy. #111
9 Braemar Dr., 902-463-5216
Dartmouth Portland St. & Eisener Blvd.
650 Portland St., 902-462-5100
Digby Warwick St. & Hwy. #101
470 Warwick St., 902-245-4795
Elmsdale Hwy. #214 & Hwy. #102
295 Hwy. #214, 902-883-1368
Glace Bay Reserve St. & King Edward St.
155 Reserve St., 902-842-9234
Halifax Barrington St. & Hollis St.
1075 Barrington St. S., 902-492-2718
Halifax Joseph Howe Dr. & Bayers Rd.
3601 Joseph Howe Dr., 902-453-1363
Kingston Hwy. #101, Exit #17
470 Main St., P.O. Box 580, 902-765-4852
Liverpool Milton Rd. & Hwy. #3
50 Milton Rd., 902-354-5712
Lower Sackville Sackville Dr. & Beaverbank Rd.
745 Sackville Dr., 902-864-2500
New Glasgow Westville Rd. & Duff St.
394 Westville Rd., 902-928-1220
New Minas Commercial St. & Prospect Rd.
9064 Commercial St., 902-681-0728
Port Hawkesbury Paint St. & Hwy. #4A
50 Paint St., 902-625-5979
Sydney River Kings Rd. & Hwy. #125
1224 Kings Rd., 902-539-8656
Truro Court St. & Prince St.
46 Elm St., 902-893-3784
Upper Tantallon Old Hwy #3 & Hammonds Plains Rd.
5178 Hwy. #3, 902-826-3069
Windsor Exit 5A, Hwy. #101
11 Cole Dr., P.O. Box 2467, 902-798-9352
Yarmouth Starrs Rd. & Pleasant St.
104 Starrs Rd., 902-742-3493

Ontario

Ajax Kingston Rd. & Harwood Ave.
30 Kingston Rd. W., 905-683-5573
Aurora Bayview Ave. & St. John Sideroad
15900 Bayview Ave., 905-726-8334

Beaverton Simcoe St. & Highway 12
B30 Beaver Avenue, 705-426-5191
Bowmanville Hwy. #2 & RR #57
2375 Hwy. #2, 905-623-0420
Bracebridge Wellington St. & Monck Rd.
270 Wellington St., 705-646-8995
Brampton Bovaird Dr. & Hwy. #10
60 Quarry Edge Dr., 905-453-5250
Brampton Hwy. #7 & Brisdale Dr.
35 Worthington Ave., 905-495-8123
Brampton Hwy. #10 & Steeles Ave.
85 Steeles Ave. W., 905-451-9987
Brockville Parkdale Ave. & Augusta Rd.
1972 Parkdale Ave., 613-342-3723
Burlington Plains Rd. E. & Brant St.
1059 Plains Rd. E., 905-634-2739
Chatham Hwy. #40
791 St. Clair St., 519-351-1543
Collingwood Hwy. #124 & 1st St.
12 Hurontario St., 705-445-0461
Espanola Hwy. #17 & Hwy. #6
745 Centre St., 705-869-0330
Etobicoke The East Mall & Burnhamthorpe Rd.
380 The East Mall, 416-695-0610
Exeter Thames Rd. E. & Hwy. #4
62 Thames Rd. E., 519-235-0751
Georgetown Guelph St. & Mountainview Rd.
171 Guelph St., 905-877-7005
Gloucester River Rd. & Hunt Club Rd.
671 River Rd., 613-822-9878
Gloucester Ogilvie Rd. & Blair Rd.
1980 Ogilvie Rd., 613-746-9553
Gravenhurst Bethune Dr. S. & Brock St.
290 First St. N., 705-687-1588
Grimsbey QEW & Casablanca
361 South Service Rd., 905-309-5070
Hamilton Main St. & Rifle Range
1579 Main St. W., 905-308-9339
Hamilton Lincoln Alexander Pkwy. & Upper Wentworth St.
65 Mall Rd., 905-574-5939
Hamilton Centennial Pkwy. N. & Barton St.
75 Centennial Pkwy. N., 905-561-1529
Hanmer Hwy. #69 N. & Deschene Rd.
5200 Hwy. #69 N., 705-969-4971
Hawkesbury Cameron St. & Hwy. #17
1560 Cameron St., 613-632-7935
Huntsville Hwy. #11 & Hwy. #60
131 Howland Dr., 705-787-0922
Ingersoll King St. W. & Whiting St.
273 King St. W., 519-425-2118
Kanata Eagleson Rd. & Cope Dr.
760 Eagleson Rd., 613-254-5334
Kingston Princess St. & Sir John A. Macdonald Blvd.
1100 Princess St., 613-530-3414
Kingston Midland Ave. & Princess St.
1048 Midland Ave., 613-389-4119
Kitchener Highland Rd. & Fischer Hallman Rd.
875 Highland Rd. W., 519-745-7331
Lasalle Malden Rd. & Todd Lane
5890 Malden Rd., 519-966-5649
Leamington Talbot St. & Lutsch Ave.
201 Talbot St. E., 519-322-2760
Lindsay Kent St. & Angeline St.
400 Kent St. W., 705-878-8351
London Oxford St. & Hyde Park
1201 Oxford St., 519-641-0959
London Oxford St. & Gamage
825 Oxford St. E., 519-434-5411
London Richmond St. & Fanshaw Park Rd.
1740 Richmond St. N., 519-673-5215
London Wonderland Rd. & Southdale Rd.
3040 Wonderland Rd. S., 519-668-3799
Markham McCowan Rd. & Hwy. #7
200 Bullock Dr., 905-294-6277
Midland Hwy. #93 & Hugel St.
9292 County Rd. #93, 705-527-9086
Mississauga Mavis Rd. & Dundas St.
3045 Mavis Rd., 905-275-1879
Mississauga McLaughlin Rd. & Britannia Rd.
5970 McLaughlin Rd., 905-568-4143
Mississauga Erin Mills Pkwy. & Eglinton Ave.
5010 Glen Erin Dr., 905-607-1253
Mississauga Winston Churchill Blvd. & Hwy. #401
3050 Argentinia Rd., 905-785-0955
Nepean Baseline Rd. & Woodroffe Ave.
1980 Baseline Rd., 613-723-3100
Nepean Strandherd Dr. & Greenbank Rd.
3777 Strandherd Dr., 613-823-4633
New Liskeard Scott St. & Whitewood Ave.
55 Scott St., P.O. Box 1330, 705-647-8728

Newmarket Yonge St. & Green Lane
18120 Yonge St., 905-830-3679
North York Yonge St. & Empress Ave.
5095 Yonge St., 416-512-9436
Oakville Trafalgar Rd. & Dundas St.
201 Oak Park Blvd., 905-257-9330
Oshawa Harmony Rd. & Taunton Rd.
1385 Harmony Rd. N., 905-433-9503
Oshawa Gibb St. & Stevenson Rd. S.
481 Gibb St., 905-743-0049
Ottawa Innes Rd. & Lanthier Dr.
4270 Innes Rd., 613-824-5448
Ottawa Greenbank Rd. & Strandherd Dr.
3201 Greenbank Rd., 613-825-3748
Ottawa Richmond Rd. & Kirkwood Ave.
190 Richmond Rd., 613-722-2102
Peterborough Lansdowne St. & Monaghan Rd.
769 Borden Ave., 705-748-6020
Pickering Liverpool Rd. & Hwy. #2
1792 Liverpool Rd., 905-831-6310
Port Elgin Hwy. #21 & Tomlinson Dr.
1244 Hwy. #21, 519-389-6805
Port Hope Toronto Rd. & Jocelyn St.
20 Jocelyn St., 905-885-5758
Prescott Prescott Centre Dr. & Edward St.
150 Prescott Centre Dr., 613-925-1630
Richmond Hill Bayview Ave. & Hwy. #7
301 High Tech Rd., 905-771-7315
Rockland Hwy. #17 & Laporte St.
2737 Laurier St., 613-446-4099
Sarnia Murphy Rd. & London Rd.
600 Murphy Rd., 519-383-8133
Sault Ste. Marie Great Northern Rd. & McNabb St.
44-50 Great Northern Rd., 705-253-2887
Scarborough Brimley Rd. & Progress Ave.
1755 Brimley Rd., 416-279-1749
Simcoe Queensway Dr. & Norfolk St.
125 Queensway Dr. E., 519-426-1032
St. Catharines Louth St. & 4th Ave.
Ridley Market, 411 Louth St., 905-984-4159
St. Thomas Talbot St. & 1st Ave.
1063 Talbot St., Unit 50, 519-637-7106
Stittsville Main St. & Carp Rd.
1251 Main St., 613-831-9277
Stoney Creek Hwy. #20 & Hwy. #53
21 Upper Centennial Pkwy., 905-664-6778
Stratford Hwy. #8
865 Ontario St., 519-273-1404
Strathroy Pannell Lane & Victoria St. (Hwy. 81)
626 Victoria St., 519-246-1884
Sudbury LaSalle Blvd. & Barrydowne Rd.
1485 LaSalle Blvd., 705-521-1031
Toronto Lower Jarvis St. & Queens Quay
10 Lower Jarvis St., 416-304-0619
Toronto St. Clair Ave. W. & Bathurst St.
396 St. Clair Ave. W., 416-651-5145
Toronto Gerrard St. & Victoria Park Ave.
50 Musgrave St., 416-694-6263
Toronto Bayview Ave. & Sheppard Ave.
2877 Bayview Ave., 416-733-1350
Toronto Don Mills Rd. & Eglinton Ave.
825 Don Mills Rd., 416-391-4847
Toronto Weston Rd. & Hwy. #401
2549 Weston Rd., 416-246-1417
Toronto Dufferin St. & Steeles Ave.
51 Gerry Fitzgerald Dr., 416-665-7636
Trenton Hwy. #2
293 Dundas St. E., 613-392-2435
Uxbridge Hwy. #47
323 Toronto St. S., 905-852-1206
Vanier McArthur Ave. & Vanier Pkwy.
100 McArthur Ave., 613-744-3225
Vaughan Major Mackenzie Dr. & Jane St.
2911 Major Mackenzie Dr., 905-417-0490
Vaughan Hwy. #7 & Weston Rd.
3940 Hwy. #7, RR #2, 905-851-7182
Wasaga Beach 45th St. & Simcoe Rd.
25 - 45th St. S., 705-429-9217
Whitby Taunton Rd. & Brock St. N.
200 Taunton Rd. W., 905-665-1164
Windsor Walker Rd. & Legacy Park Dr.
4371 Walker Rd., 519-972-3904
Windsor Tecumseh Rd. & Lauzon Pkwy.
7201 Tecumseh Rd. E., 519-974-6385

PEI

Charlottetown University Ave. & Belvedere Ave.
465 University Ave., 902-629-2788
Summerside Granville St. & Roy Boates Ave.
535 Granville St., 902-888-1584