

My name is Patricia Lanthier and I represent the Diabetes Association of N.D.G. We support the Sports and Recreation Facility, as proposed by the Wellness Approach Committee. As you may know, Type 2 Diabetes is a growing problem. Those of us who have this disease need specific exercise programmes, designed to help us maintain our blood sugar levels. People with Type 2 Diabetes have multiple medical problems, and, in our association, many are on a limited income. We cannot afford a "personal trainer." We need a place in our own community, where we can gather to learn how to improve and lengthen our lives. This would include a place to exercise, with a trained ^{professional,} ~~instructor.~~

We also support the move of the CLSC to the corner of Cavendish & Monkland. It is more accessible, particularly in winter.