



## DIABETES EDUCATION PROGRAM CALENDAR

409 Parliament Street Toronto ON, M5A 3A1 Tel: 416-603-0336 Fax: 416-603-8068 [www.regentparkchc.org](http://www.regentparkchc.org)

All groups are **free** \*No pre-registration required unless indicated

<i>April 2018</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2	3	4	5 1-3 pm Community Matters group at 240 Wellesley St E  One on One Yoga- 9am-3:00pm	6	7
8	9	10 <i>One on One Yoga-10-11:30am</i>  1:00pm-2:00pm Carefirst senior's exercise group at 409 Parliament St  2: 00pm-4:00pm Diabetes Drop-In	11  1:00pm Diabetes Education at Eden Community Homes  5:00pm Yoga Class(Coed)	12  2pm Wellness Group at Progress Place	13	14
15	16	17 <i>One on One Yoga-10-11:30am</i>  1:00pm-2:00pm Carefirst senior's exercise group at 409 Parliament St  2: 00pm-4:00pm Diabetes Drop-In	18  5:00pm Yoga Class(Coed)	19	20	21
22	23	24 <i>One on One Yoga-10-11:30am</i>  1:00pm-2:00pm Carefirst senior's exercise group at 409 Parliament St  2:00pm-4:00pm Diabetes Drop-In	25  5:00 pm Yoga Class(Coed)	26	27	28
29	30			Sign up to use our exercise machine!!  Every Tuesday from 2:00pm-4:00pm and Wednesdays 10:00am to 4:00pm. Please speak to staff.		