

DIABETES EDUCATION PROGRAM CALENDAR

409 Parliament Street Toronto ON, M5A 3A1 Tel: 416-603-0336 Fax: 416-603-8068 www.regentparkchc.org

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

August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>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.</p>		1 NO YOGA SESSION	2 No Community Matters Group	3 9:00am-10:00am Seedling-Gardening group: Corner of Dundas St. & Regent St. Community Garden	4
5	6	7 1:00pm Carefirst senior's exercise group at 409 Parliament St 2: 00pm-4:00pm Diabetes Drop-In	8 5:00pm-6:00pm CoEd Yoga	9 9:00am-3:00pm One on One Yoga 2:00pm- Wellness Group at Progress Place	10 9:00am-10:00am Seedling-Gardening group at Corner of Dundas St. & Regent St. Community Garden	11
12	13 1:00pm -Seniors Group at Dixon Hall	14 1:00pm Carefirst senior's exercise group at 409 Parliament St 2: 00pm-4:00pm Diabetes Drop-In	15 5:00pm-6:00pm CoEd Yoga	16 9:00am-3:00pm One on One Yoga 1:30-2:30pm- Women's Drop in at 416 Dundas St.E	17 9:00am-10:00am Seedling-Gardening group- Corner of Dundas St. & Regent St. Community Garden	18
19	20	21 One on one Yoga(Selected times) 1:00pm Carefirst senior's exercise group at 409 Parliament St 2: 00pm-4:00pm Diabetes Drop-In	22 5:00pm-6:00pm CoEd Yoga	23 9:00am-3:00pm One on One Yoga	24 9:00am-10:00am Seedling-Gardening group - Corner of Dundas St. & Regent St. Community Garden	25
26	27	28 One on one Yoga(Selected times) 1:00pm Carefirst senior's exercise group at 409 Parliament St 2:00pm-4:00pm Diabetes Drop-In	29 5:00pm-6:00pm CoEd Yoga	30 9:00am-3:00pm One on One Yoga	31 9:00am-10:00am Seedling-Gardening group Corner of Dundas St. & Regent St.	