



## 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>June 2018</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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.					1	2
3	4	<b>5 One ON One Yoga(times may varie)</b>  1:00pm Carefirst senior's exercise group at 409 Parliament St  2: 00pm Diabetes Drop-In	<b>6</b>  <b>5:00-6:00pm Coed Yoga Class</b>	<b>7 9:30-12:30- One ON One Yoga</b>  1-3 pm Community Matters group at 240 Wellesley St E	8	9
10	11	<b>12 One ON One Yoga(times may varie)</b>  1:00pm Carefirst senior's exercise group at 409 Parliament St  2: 00pm Diabetes Drop-In	<b>13 1:00-3:00pm House link 155 Sherbourne</b>  <b>5:00-6:00pm Coed Yoga Class</b>	<b>14 9:30-12:30- One ON One Yoga</b>  2pm wellness group at progress place	15 <b>Gardening Group</b>  9:00-10:00am	16
17	18	<b>19 One ON One Yoga(times may varie)</b>  1:00pm Carefirst senior's exercise group at 409 Parliament St  2:00pm Diabetes Drop-In	<b>20</b>  <b>5:00-6:00 pm Coed Yoga Class</b>	<b>21</b>  <b>9:30-12:30- One ON One Yoga</b>	22 <b>Gardening Group</b>  9:00-10:00am	23
24	25	<b>26 One ON One Yoga(times may varie)</b>  1:00pm Carefirst senior's exercise group at 409 Parliament St  2:00pm Diabetes Drop-In	<b>27</b>  <b>10:am-12:00pm Dixon Hall Seniors Group</b>  <b>5:00-6:00 pm Coed Yoga Class</b>	<b>28</b>  <b>9:30-12:30- One ON One Yoga</b>	29 <b>Gardening Group</b>  9:00-10:00am	30