



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

| March 2017 | | | | | | |
|------------|---|---|---|---|--------|----------|
| 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> | | <p>1 1:00pm Foot care workshop CRC 40 Oak St 5:00pm Women Yoga group at 409 Parliament Street</p> | | | |
| 5 | 6 | <p>7 1:00pm Carefirst senior's exercise group at 409 Parliament St 2: 00pm Diabetes Drop-In at 409 Parliament</p> | <p>8 1:00pm Diabetes Education at Eden Community Homes 5:00pm Women Yoga group at 409 Parliament Street</p> | <p>9 2:00pm Wellness Group at Progress Place</p> | 10 | 11 |
| 12 | 13 | 14 | 15 | <p>16 10:00am Community Matters group at 240 Wellesley St E</p> | 17 | 18 |
| 19 | <p>20 1:00pm Seedling-Gardening group at 409 Parliament st</p> | <p>21 1:00pm Carefirst senior's exercise group at 409 Parliament St 2: 30pm Diabetes Drop-In at 409 Parliament St simple, low cost cooking group</p> | <p>22 12:30 "Food and diabetes" workshop at Schoolhouse group 5:00pm Women Yoga group at 409 Parliament Street</p> | 23 | 24 | 25 |
| 26 | <p>27 1:15pm "Foot care workshop" at Dixon Hall senior's group at 58 Sumach St</p> | <p>28 1:00pm Carefirst senior's exercise group at 409 Parliament St 1:00 pm "What is Diabetes?" at 200 Sherbourne group</p> | <p>29 5:00pm Women Yoga group at 409 Parliament Street</p> | 30 | 31 | |