




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 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sign up to use our exercise machine!!</p> <p>Every Tuesday from 2:00pm-4:00pm and Wednesdays 10:00am to 4:00pm. Please speak to staff.</p>				<p>1 1-3 pm Community Matters group at 240 Wellesley St E (Cancelled For Today)</p>	2	3
4	5	<p>6</p> <p>1:00-2:00pm Care First Senior's exercise group at 409 Parliament St</p> <p>2: 00-4:00pm Diabetes Drop-In</p>	<p>7</p> <p>5:00 pm Free Yoga Class (Co-ed)</p>	<p>8</p> <p>2pm wellness group at progress place</p>	9	10
11	12	<p>13 No Chair Exercise Group</p> <p>2:00pm-4:00pm Diabetes Drop In</p>	<p>14</p> <p>5:00 pm No Yoga Group (Co-ed)</p>	15	16	17
18	<p>19 Dixon Hall Senior's Group (10am to 12-noon)</p>	<p>20 No chair exercise group</p> <p>2:00pm-4:00pm Diabetes Drop In</p> <p>2:30 to 3:30 Low Cost Simple Cooking Group - CANCELLED FOR THIS MONTH</p>	<p>21</p> <p>5:00 pm Free Yoga Class (Co-ed)</p>	22	23	24
25	26	<p>27 1:00-2:00pm Care First Senior's exercise group at 409 Parliament St</p> <p>2:00-4:00pm Diabetes Drop-In</p>	<p>28</p> <p>5:00pm Free Yoga Class (Co-ed)</p>	29	30	31