




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

November 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 1:00pm-3:00 pm Community Matters group at 240 Wellesley St E	2	3
4	5 "Diabetes Bingo" 1:00pm -Seniors Group at Dixon Hall	6 12:30-1:30pm Carefirst senior's exercise group 2: 00pm-4:00pm Diabetes Drop-In	7 5:00pm-6:00pm CoEd Yoga	8 2pm- Wellness Group at Progress Place	9 4pm-7pm "Diabetes Prevention" 40 Oak St CRC	10
11	12	13 12:30-1:30pm Carefirst senior's exercise group 2: 00pm-4:00pm Diabetes Drop-In	14 1-3:00pm Diabetes Education at Eden Homes 5:00pm-6:00pm CoEd Yoga	15 4:30-5:30 "Wellness " Yonge Street Mission	16	17
18	19	20 12:30-1:30pm Carefirst senior's exercise group 2: 00pm-4:00pm Diabetes Drop-In	21 1-3:00pm- Council Fire Wellness Fair: 439 Dundas St E 5:00pm-6:00pm CoEd Yoga	22	23	24
25	26	27 12:30-1:30pm Carefirst senior's exercise group 2:00pm-4:00pm Diabetes Drop-In	28 1:00-3:00pm Knees & Hip Arthritis Session 5:00pm-6:00pm CoEd Yoga	29	30	