



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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00-3PM- Dixon Hall Seniors Group	3 CLOSED For educational Training	4 Exercise & Healthy Weight Group 1-3PM 5:00PM-6PM CoEd Yoga	5 1:00-3:00 pm Community Matters group at 240 Wellesley St E	6	7
8	9	10 1:00-2:00PM Senior Chair Exercise Group 2:00PM-4:00PM Diabetes Drop In	11 5:00PM-6PM CoEd Yoga	12 2:00-4:00pm Wellness group at Progress Place	13	14
15	16	17 1:00-2:00PM Senior Chair Exercise Group 2:00PM-4:00PM Diabetes Drop In	18 1:00pm Diabetes Education at Eden Community Homes 5:00PM-6PM CoEd Yoga	19	20	21
22	23	24 1:00-2:00PM Senior Chair Exercise Group 2:00PM-4:00PM Diabetes Drop In	25 5:00PM-6PM CoEd Yoga	26	27	28
29	30	31 1:00-2:00PM Senior Chair Exercise Group 2:00PM-4:00PM Diabetes Drop In			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. 	