

# November

**DIABETES AWARENESS**  
HOPE . PEACE . CURE



world diabetes day  
14 November

**THINK** POSITIVELY  
**EXERCISE** DAILY  
**EAT** HEALTHY  
**WORK** HARD  
**STAY** STRONG  
**WORRY** LESS  
**DANCE** MORE  
**LOVE** OFTEN  
**BE** HAPPY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AQUA FIT 11-12	2 SIT & FIT 11-12	3 FITNESS CHALLENGE Leg Day
6 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	7 SIT & FIT 11-12	8 AQUA FIT 11-12	9 SIT & FIT 11-12	10 FITNESS CHALLENGE Arm Day
13 NHCHC CLOSED	14 SIT & FIT 11-12	15 AQUA FIT 11-12	16 SIT & FIT 11-12	17 FITNESS CHALLENGE Cardio Day
20 Tai chi 10-11 Aqua Fit 11-12	21 SIT & FIT 11-12	22 AQUA FIT 11-12	23 SIT & FIT 11-12	24 FITNESS CHALLENGE Core Day
27 NHCHC CLOSED 1-5	28 NHCHC CLOSED	29 NHCHC CLOSED 1-5	30 SIT & FIT 11-12 NHCHC CLOSED 1-5	NHCHC CLOSED



**North Hamilton**  
Community Health Centre

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