

# APRIL

## DIABETES EXERCISE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>NHCHC CLOSED</b>	3 <b>SIT &amp; FIT 11-12</b>	4 <b>AQUA FIT 11-12</b>	5 <b>SIT &amp; FIT 11-12</b>	6
9 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	10 <b>SIT &amp; FIT 11-12</b>	11 <b>AQUA FIT 11-12</b>	12 <b>SIT &amp; FIT 11-12</b>	13
16 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	17 <b>SIT &amp; FIT 11-12</b>	18 <b>AQUA FIT 11-12</b>	19 <b>SIT &amp; FIT 11-12</b>	20
23 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	24 <b>SIT &amp; FIT 11-12</b>	25 <b>AQUA FIT 11-12</b>	26 <b>SIT &amp; FIT 11-12</b>	27
30 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12				



**NorthHamilton**  
Community Health Centre

Aleks Skakavac R.Kin, CDE - 905 523-1184 ext 3049

**THINK** POSITIVELY  
**EXERCISE** DAILY

**EAT** HEALTHY

**WORK** HARD

**STAY** STRONG

**BUILD** CONFIDENCE

**WORRY** LESS

**READ** MORE

**BE** HAPPY