

# FEBRUARY 2018

Heart Health Month



## DIABETES EXERCISE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>SIT &amp; FIT</b> 11-12	2
5 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	6 <b>SIT &amp; FIT</b> 11-12	7 <b>AQUA FIT</b> 11-12	8 <b>SIT &amp; FIT</b> 11-12	9
12 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	13 <b>SIT &amp; FIT</b> 11-12	14 <b>AQUA FIT</b> 11-12	15 <b>SIT &amp; FIT</b> 11-12	16
19 <b>NHCHC</b> <b>CLOSED</b>	20 <b>SIT &amp; FIT</b> 11-12	21 <b>AQUA FIT</b> 11-12	22 <b>SIT &amp; FIT</b> 11-12	23
26 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	27 <b>SIT &amp; FIT</b> 11-12	28 <b>AQUA FIT</b> 11-12		

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



**NorthHamilton**

Community Health Centre