

# JULY

## DIABETES EXERCISE CALENDAR

### MONDAY

 **2**  
**NHCHC  
CLOSED**

**9**  
TAI CHI 10-11  
YOGA 10-11  
AQUA FIT 11-12

**16**  
TAI CHI 10-11  
YOGA 10-11  
AQUA FIT 11-12

**23**  
TAI CHI 10-11  
YOGA 10-11  
AQUA FIT 11-12

**30**  
Tai Chi 10-11  
Aqua Fit 11-12

### TUESDAY

**3**  
**SIT & FIT  
11-12**

**10**  
**SIT & FIT  
11-12**

**17**  
**SIT & FIT  
11-12**

**24**  
**SIT & FIT  
11-12**

**31**  
**SIT & FIT  
11-12**

### WEDNESDAY

**4**  
**AQUA FIT  
11-12**

**11**  
**AQUA FIT  
11-12**

**18**  
**AQUA FIT  
11-12**

**25**  
**AQUA FIT  
11-12**

### THURSDAY

**5**  
**SIT & FIT  
11-12**

**12**  
**SIT & FIT  
11-12**

**19**  
**SIT & FIT  
11-12**

**26**  
**SIT & FIT  
11-12**

### FRIDAY

**6**  
**THINK** POSITIVELY  
**EXERCISE** DAILY  
**13**  
**EAT** HEALTHY  
**WORK** HARD  
**20**  
**STAY** STRONG  
**WORRY** LESS  
**DANCE** MORE  
**27**  
**LOVE** OFTEN  
**BE** HAPPY

**Mon Aug 6, NHCHC CLOSED**



**NorthHamilton**  
Community Health Centre