

JUNE



DIABETES EXERCISE CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---------------------------------------|--|--------|
| | | | | 1 |
| | | | | 8 |
| 4 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12 | 5 SIT & FIT 11-12 | 6 AQUA FIT 11-12 | 7 SIT & FIT 11-12 | |
| 11 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12 | 12 SIT & FIT 11-12 | 13 AQUA FIT 11-12 | 14 SIT & FIT 11-12 | 15 |
| 18 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12 | 19 SIT & FIT 11-12 | 20 AQUA FIT 11-12 | 21 SIT & FIT 11-12 | 22 |
| 25 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12 | 26 SIT & FIT 11-12 | 27 AQUA FIT 11-12 | 28 SIT & FIT 11-12 | 29 |

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

MONDAY, July 2– NHCHC CLOSED



NorthHamilton
Community Health Centre