



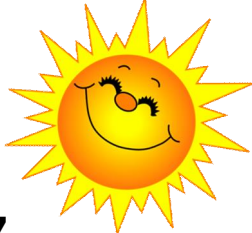
MAY

May 1st - 31st



DIABETES EXERCISE CALENDAR

MONDAY



7
TAI CHI 10-11
YOGA 10-11
AQUA FIT 11-12

14
TAI CHI 10-11
YOGA 10-11
AQUA FIT 11-12

21
**NHCHC
CLOSED**

28
TAI CHI 10-11
YOGA 10-11
AQUA FIT 11-12

TUESDAY

1
**SIT & FIT
11-12**

8
**SIT & FIT
11-12**

15
**SIT & FIT
11-12**

22
**SIT & FIT
11-12**

29
**SIT & FIT
11-12**

WEDNESDAY

2
**AQUA FIT
11-12**

9
**AQUA FIT
11-12**

16
**AQUA FIT
11-12**

23
**AQUA FIT
11-12**

30
**AQUA FIT
11-12**

THURSDAY

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**

FRIDAY

4

11

18

25

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



NorthHamilton

Community Health Centre