

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Aqua Fit 11-12	2 SIT & FIT 11-12	3 Aqua Fit 11-12	4 SIT & FIT 11-12	5
8 NHCHC CLOSED Thanksgiving	9 SIT & FIT 11-12	10 Aqua Fit 11-12	11 SIT & FIT 11-12	12 Park n' Party 2-6
15 Aqua Fit 11-12	16 SIT & FIT 11-12	17 Aqua Fit 11-12	18 SIT & FIT 11-12	19
22 Aqua Fit 11-12	23 SIT & FIT 11-12	24 Aqua Fit 11-12	25 SIT & FIT 11-12	26
29 NHCHC CLOSED	30 NHCHC CLOSED	31 NHCHC CLOSED		

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



NorthHamilton
Community Health Centre