

# SEPTEMBER 2018

## DIABETES EXERCISE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>NHCHC CLOSED</b>	4 <b>SIT &amp; FIT</b> 11-12	5 Aqua Fit 11-12	6 <b>SIT &amp; FIT</b> 11-12	7
10 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	11 <b>SIT &amp; FIT</b> 11-12	12 Aqua Fit 11-12	13 <b>SIT &amp; FIT</b> 11-12	14
17 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	18 <b>SIT &amp; FIT</b> 11-12	19 Aqua Fit 11-12	20 <b>SIT &amp; FIT</b> 11-12	21
24 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	25 <b>SIT &amp; FIT</b> 11-12	26 Aqua Fit 11-12	27 <b>SIT &amp; FIT</b> 11-12	28

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

Aleks Skakavac R.Kin, CDE - 905. 523. 1184 ext. 3049



**NorthHamilton**  
Community Health Centre