











# July 2023

All our virtual programs are FREE. Please call 416-252-1928 Ext. 100 or email [diabetes@lampchc.org](mailto:diabetes@lampchc.org) for registration

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 3</b>  <b>Closed for Canada Day</b>  	<b>4</b>	<b>5</b>	<b>6</b> 10:30AM-12:00PM <b>IN-Person Yoga (EV)</b> 	<b>7</b> 10:00AM-11:00AM <b>Virtual Zumba (EM)</b> 
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>  <b>Closed</b> <b>All Staff Meeting</b>	<b>14</b> 10:00AM-11:00AM <b>Virtual Zumba (EM)</b>   1:00PM-4:00PM <b>Living Well with Diabetes - Part 1 (EM)</b> 
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 10:30AM-12:00PM <b>IN-Person Yoga (EV)</b> 	<b>21</b> 10:00AM-11:00AM <b>Virtual Zumba (EM)</b> 
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 10:30AM-12:00PM <b>Last day of IN-Person Yoga (EV)</b> 	<b>28</b> 10:00AM-11:00AM <b>Virtual Zumba (EM)</b>   1:00PM-4:00PM <b>Living Well with Diabetes - Part 2 (EM)</b> 
<b>31</b>				