







August 2023

All our virtual programs are FREE. Please call 416-252-1928 Ext. 100 or email diabetes@lampchc.org for registration

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	4	5 10:00AM-11:00AM  Virtual Dance Fitness (EM)
7 Closed Civic Holiday 	8	9	10 Closed All Staff Meeting	11 10:00AM-11:00AM  Virtual Dance Fitness (EM) 1:00PM-4:00PM  Virtual Living Well with Diabetes - Part 1 (EM)
14	15	16	17	18 10:00AM-11:00AM  Virtual Dance Fitness (EM)
21	22	23 6:00PM-7:30PM Virtual Intro to Diabetes – Part 1 (EV)	24	25 10:00AM-11:00AM  Virtual Dance Fitness (EM) 1:00PM-4:00PM  Virtual Living Well with Diabetes - Part 2 (EM)
28	29	30 6:00PM-7:30PM Virtual Intro to Diabetes – Part 2 (EV)	31	