

# September 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>1</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>
<b>4</b>  <b>Closed Labour Day</b>  	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>  1:00PM-4:00PM  <b>Living Well with Diabetes - Part 1 (EM)</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>  <b>Closed All Staff Meeting</b>	<b>15</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>  1:00PM-4:00PM  <b>Living Well with Diabetes - Part 2 (EM)</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>