

March 2024

All our virtual programs are FREE.

Please call 416-252-1928 Ext. 100 to register.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00AM-11:00AM Virtual Dance Fitness (EM) 
4	5	6	7 10:00AM-11:30AM In-Person Diabetes and Heart Health (EV)	8 10:00AM-11:00AM Virtual Dance Fitness (EM)  1:00PM-4:00PM Virtual Living Well with Diabetes (EM) 
11	12	13	14 Closed All Staff Meeting	15 10:00AM-11:00AM Virtual Dance Fitness (EM) 
18	19	20	21	22 10:00AM-11:00AM Virtual Dance Fitness (EM)  1:00PM-4:00PM Virtual Living Well with Diabetes (EM)  <div style="background-color: #FFD700; padding: 5px; text-align: center;"> 11:00AM-3:00PM Nutrition Month Special Event at EM CHC Community Room </div>
25	26	27	28	29 Closed Good Friday