

# April 2024

All our virtual programs are FREE.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Closed</b> <b>Easter</b> <b>Monday</b> 	<b>2</b>	<b>3</b>	<b>4</b> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f08080; width: fit-content; margin: 10px auto;">                     2:00PM – 3:00PM                      Diabetes Education                      Session @ Daily                      Bread Food Bank                 </div>	<b>5</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>  1:00PM-4:00PM  <b>Virtual Living Well with</b> <b>Diabetes (EM)</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>
<b>22</b>	<b>23</b>	<b>24</b> 2:00PM-3:00PM  <b>In-Person Diabetes and</b> <b>Mindfulness (EV)</b>	<b>25</b>	<b>26</b> 10:00AM-11:00AM  <b>Virtual Dance Fitness (EM)</b>  1:00PM-4:00PM  <b>Virtual Living Well with</b> <b>Diabetes (EM)</b>
<b>29</b>	<b>30</b>			