

June 2024

All our programs are FREE.

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

My Appointment date is:

Activity Tips - For more information:

- <https://www.diabetes.ca/>
- <https://www.canada.ca/en/public-health/services/publications/healthy-living/friendly-communication-facts-tips-ideas.html>

1

Stay hydrated
- drink water



2

3

Weekly Challenge:
Try orange colour
Vegetables



4

5

Drink a warm tea
- No sugar



6

7

10:00AM-11:00AM
Virtual Dance Fitness



8

9

Try to draw or write
with your non-
dominant hand



10

Weekly Challenge:
Wear the colour that
makes you happy



11

12

13

Go out on a walk



14

10:00AM-11:00AM
Virtual Dance Fitness



15

Try a new whole grain



16

17

Weekly Challenge:
Cut back on salt



18

19

LAMP Awards of Merit



20

21

10:00AM-11:00AM
Virtual Dance Fitness



1:30PM-3:30PM
Virtual Diabetes and Foot
Care



22

23

Take a break from
technology



24

Weekly Challenge:
Keep a food journal



25

26

27

Try to go to bed early



28

10:00AM-11:00AM
Virtual Dance Fitness



29

Listen to music



30