




















# July 2024

All our programs are FREE.  
Please call 416-252-1928 Ext. 100 to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>1</p> <p>Closed for Canada Day</p> 	<p>2</p> <p>Diabetes Foot Screening at East Mississauga CHC Call to book an appointment: 416-252-1928 Ext 100</p> 	<p>3</p> <p>Make a healthy snack</p> 	<p>4</p>	<p>5</p> <p>10:00AM-11:00AM Virtual Dance Fitness</p> 	<p>6</p>	<p>7</p> <p>Try to go to bed early</p> 	
<p>8</p> <p>1:00PM - 3:00PM Art workshop and Diabetes - Week 1</p> 	<p>9</p> <p>Stay hydrated - drink water</p> 	<p>10</p>	<p>11</p> <p>Closed for all staff meeting</p> 	<p>12</p> <p>10:00AM-11:00AM Virtual Dance Fitness</p> <p>1:00PM-4:00PM Virtual Living Well with Diabetes</p> 	<p>13</p>	<p>14</p>	
<p>15</p> <p>1:00PM - 3:00PM Art workshop and Diabetes - Week 2</p> 	<p>16</p>	<p>17</p> <p>Go out on a walk</p> 	<p>18</p>	<p>19</p> <p>10:00AM-11:00AM Virtual Dance Fitness</p> 	<p>20</p> <p>Watch a your favourite movie</p> 		<p>21</p>
<p>22</p> <p>1:00PM - 3:00PM Art workshop and Diabetes - Week 3</p> 	<p>23</p> <p>Try green colour Vegetables</p> 	<p>24</p>	<p>25</p> <p>Diabetes Foot Screening at Evans Call to book an appointment: 416-252-1928 Ext 100</p> 	<p>26</p> <p>10:00AM-11:00AM Virtual Dance Fitness</p> <p>1:00PM-4:00PM Virtual Living Well with Diabetes</p> 	<p>27</p>	<p>28</p> <p>Talk to your friends, family and members</p> 	
<p>29</p> <p>1:00PM - 3:00PM Art workshop and Diabetes - Week 4</p> 	<p>30</p>	<p>31</p> <p>Try a new recipe</p> 	<p>My Appointment date is:</p>		<p>Activity Tips - For more information:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.diabetes.ca/">https://www.diabetes.ca/</a></li> <li>• <a href="https://www.canada.ca/en/public-health/services/publications/healthy-living/friendly-communication-facts-tips-ideas.html">https://www.canada.ca/en/public-health/services/publications/healthy-living/friendly-communication-facts-tips-ideas.html</a></li> </ul>		