















September 2024

All our programs are free, registration is required. Please call the numbers listed under each program to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p>Closed for Labour Day</p> 	<p>3</p> <p>Keep a food journal</p> 	<p>4</p>	<p>5</p>	<p>6</p> <p>10:00AM-11:00AM Virtual Dance Fitness Contact 416-252-1928 Ext. 100</p> 	<p>7</p>	<p>8</p> <p>Try green colour Vegetables</p> 
<p>9</p>	<p>10</p>	<p>11</p> <p>Try a new recipe</p> 	<p>12</p>	<p>13</p> <p>10:00AM-11:00AM Virtual Dance Fitness Contact 416-252-1928 Ext. 100</p> 	<p>14</p> <p>Talk to your friends, family and members</p> 	<p>15</p>
<p>16</p>	<p>17</p> <p>Stay hydrated - drink water</p> 	<p>18</p>	<p>19</p> <p>1:30PM-2:30PM Afro-Caribbean Seniors group Diabetes and Physical Activity Myths and Facts Contact AJ & Lucy 416 656-8025 Ext. 379 or 247</p> 	<p>20</p> <p>10:00AM-11:00AM Virtual Dance Fitness Contact 416-252-1928 Ext. 100</p> 	<p>21</p>	<p>22</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Try no sugar in your coffee</p> 	<p>26</p>	<p>27</p> <p>10:00AM-11:00AM Virtual Dance Fitness Contact 416-252-1928 Ext. 100</p> 	<p>28</p>	<p>29</p> <p>Try to go to bed early</p> 
<p>30</p> <p>Go out on a walk</p> 	<p>My Appointment date is:</p>			<p>Activity Tips - For more information:</p> <p>https://www.diabetes.ca/ https://www.canada.ca/en/public-health/services/publications/healthy-living/friendly-communication-facts-tips-ideas.html</p>		