

August 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:

1

Stay hydrated
- drink water



2

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



3

4

5

Closed for Civic Holiday



6

7

Go to the library and
pick your favourite
book



8

9

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



10

Make a healthy
snack



11

12

1:00PM - 3:00PM
Art workshop and
Diabetes - Week 5



13

Join a recreational
activity group



14

15

1:00PM-4:00PM
In-person Intro to
Diabetes 1



16

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



17

18

Take a nap and rest



19

1:00PM - 3:00PM
Art workshop and
Diabetes - Week 6



20

21

Cut back on salt



22

1:00PM-4:00PM
In-person Intro to
Diabetes 2



23

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



24

25

26

1:00PM - 3:00PM
Art workshop and
Diabetes - Week 7
(Last session)



27

Keep a food journal



28

29

30

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



31

Try red colour
Vegetables

