

January 2019 Program Calendar



December 2018

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February 2019

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| 14 | 15 | 16 | 17 | 18 | 19 |
| | | DIABETES CLASS 6-8pm DIXON | | | SMOKING CESSATION Class 10:30-12:30pm DIXON |
| | | | | | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 |
| | | | MEDITERRANEAN DIET 6-8pm WESTON | | 27 |
| 28 | 29 | 30 | 31 | | |
| | | | | | |

HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

February 2019



January 2019

| S | M | T | W | T | F | S |
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March 2019

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| | | | | | DIABETES CLASS 10:30-12:30am DIXON |
| | | | | | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 |
| | | | | | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 |
| | | HEALTHY PREGNANCY WORKSHOP 6-8PM DIXON | | | 24 |
| 25 | 26 | 27 | 28 | | |
| | | | | | |

HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

March 2019



February 2019

| S | M | T | W | T | F | S |
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April 2019

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| | | DIABETES CLASS 6-8pm DIXON | | | Stress Workshop 12:30-2:30pm WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON |
| | | | | | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 |
| | | | | | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |
| FALLS PREVENTION WORKSHOP 1:30- 3:30pm DIXON | | | | | 31 |

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April 2019



March 2019

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May 2019

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| 15 | 16 | 17 | 18 | 19 | 20 |
| | | DIABETES CLASS 6-8pm DIXON | | | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 |
| | | | MEDITERRANEAN DIET 6-8pm WESTON | NAVIGATING SERVICES FOR SENIORS 1:30- 3:30PM DIXON | 28 |
| 29 | 30 | | | | |
| | | | | | |

HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

May 2019



April 2019

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
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June 2019

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| | | | | | SELF-CARE SATURDAY 10am-11:30am WESTON Stress Workshop 12:30-2:30pm WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON |
| | | | | | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| | | DIABETES CLASS 6-8pm DIXON | | | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 |
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HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

June 2019



May 2019

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July 2019

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| | | | | | SELF-CARE SATURDAY 10am-11:30am WESTON DIABETES CLASS 10:30-12:30 Dixon |
| | | | | | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 |
| ENGAGING ACTIVE SENIORS 1:30-3:30pm DIXON | | | | NAVIGATING SERVICES FOR SENIORS 1:30- 3:30PM DIXON | 30 |

HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

July 2019



June 2019

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August 2019

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| | | DIABETES CLASS 6-8pm DIXON | | | SELF-CARE SATURDAY 10am-11:30am WESTON Stress Workshop 12:30-2:30pm WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON |
| | | | | | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 |
| | | | MEDITERRANEAN DIET 6-8pm WESTON | | 28 |
| 29 | 30 | 31 | | | |

HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

August 2019



July 2019

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September 2019

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| | | DIABETES CLASS 6-8pm DIXON | | | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | SELF-CARE SATURDAY 10am-11:30am WESTON |
| | | | | | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |
| FALLS PREVENTION WORKSHOP 1:30- 3:30PM DIXON | | | | SENIORS SYSTEM NAVIGATOR SESSION 1:30- 3:30PM DIXON | |

HRFHT PROGRAM CALENDAR. ALL ARE WELCOME. YOU DON'T NEED TO BE A PATIENT TO ATTEND. CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

September 2019



August 2019

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October 2019

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| | | | | | SELF-CARE SATURDAY 10am-11:30am WESTON Stress Workshop 12:30-2:30pm WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON |
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| 16 | 17 | 18 | 19 | 20 | 21 |
| | | DIABETES CLASS 6-8pm DIXON | | | 22 |
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October 2019



September 2019

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
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November 2019

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| | | | | | SELF-CARE SATURDAY 10AM-11:30AM WESTON DIABETES CLASS 10:30-12:30 DIXON |
| | | | | | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | NAVIGATING SERVICES FOR SENIORS 1:30- 3:30PM DIXON | 27 |
| 28 | 29 | 30 | 31 | | |
| | | | HALLOWEEN MEDITERRANEAN DIET 6-8PM WESTON | | |

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November 2019



October 2019

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December 2019

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| | | | | | SELF-CARE SATURDAY 10am-11:30am WESTON Stress Workshop 12:30-2:30pm WESTON SMOKING CESSATION Class 10:30-12:30pm DIXON |
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| 18 | 19 | 20 | 21 | 22 | 23 |
| | | DIABETES CLASS 6-8pm DIXON | | | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |
| FALLS PREVENTION PROGRAM 1:30-3:30PM DIXON | | | | | |

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January 2020

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| | | | | NAVIGATING SERVICES FOR SENIORS 1:30-3:30PM DIXON | SELF-CARE SATURDAY 10am-11:30am WESTON |
| 16 | 17 | 18 | 19 | 20 | 15 |
| | | DIABETES CLASS 6-8pm DIXON | | | 21 |
| 23 | 24 | 25 | 26 | 27 | 22 |
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| | | | | | |

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