

HUMBER RIVER FAMILY HEALTH TEAM PROGRAM CALENDAR. YOU DO NOT NEED TO BE A PATIENT TO ATTEND THESE FREE CLASSES HEALTH & WELLNESS CLASSES.

August 2019



July 2019						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Mon	Tue	Wed	Thu	Fri	Sat & Sun
			1	2	3
					4
5	6	7	8	9	10
					11
12	13	14	15	16	17
		DIABETES CLASS 6-8pm DIXON			18
19	20	21	22	23	24
					HEALTHY PREGNANCY WORKSHOP 9:30-4pm BLACKCREEK CHC (2202 JANE STREET. UNIT 5)
					25
26	27	28	29	30	31
SENIORS SUMMER SOCIAL 1:30-3:30PM DIXON					

CLASSES ARE HELD AT 2050 WESTON ROAD AND 245 DIXON ROAD. CALL 416-740-2810 TO REGISTER

HUMBER RIVER FAMILY HEALTH TEAM PROGRAM CALENDAR. YOU DO NOT NEED TO BE A PATIENT TO ATTEND THESE FREE CLASSES HEALTH & WELLNESS CLASSES.

September 2019



August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31


October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Mon	Tue	Wed	Thu	Fri	Sat & Sun
					1
2	3	4	5	6	7
					8
9	10	11	12	13	14
				SERVICES FOR SENIORS WORKSHOP 1:30-3:30PM WESTON	STRESS WORKSHOP 10:30-12:30PM WESTON SMOKING CESSATION CLASS 10:30-12:30pm DIXON
					15
16	17	18	19	20	21
		DIABETES CLASS 6-8pm DIXON			22
23	24	25	26	27	28
					29
30					

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<h1>October 2019</h1>		September 2019							November 2019							
		S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5	6	7						1	2	
		8	9	10	11	12	13	14		3	4	5	6	7	8	9
		15	16	17	18	19	20	21		10	11	12	13	14	15	16
		22	23	24	25	26	27	28		17	18	19	20	21	22	23
		29	30							24	25	26	27	28	29	30
Mon	Tue	Wed	Thu	Fri	Sat & Sun											
SEPTEMBER 30	OCTOBER 1	2	3	4	5											
						DIABETES CLASS 10:30-12:30 Dixon										
					6											
7	8	9	10	11	12											
			HEART HEALTH / HEALTHY EATING 6-8PM DIXON													
					13											
14	15	16	17	18	19											
					20											
21	22	23	24	25	26											
			MEDITERRANEAN DIET 6-8PM WESTON													
					27											
28	29	30	31													
			HALLOWEEN													

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November 2019



October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mon	Tue	Wed	Thu	Fri	Sat & Sun
				1	2
					3
4	5	6	7	8	9
					10
11	12	13	14	15	16
					STRESS WORKSHOP 10:30-12:30PM WESTON SMOKING CESSATION CLASS 10:30-12:30pm DIXON
					17
18	19	20	21	22	23
		DIABETES CLASS 6-8pm DIXON			24
25	26	27	28	29	30
HEALTHY AGING, PREVENTING FALLS 1:30- 3:30PM DIXON					

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