

Group classes are FREE. You do not need to be a patient to attend. Classes are offered at 245 Dixon road & 2050 Weston Road location. Please call 416-740-2810 or 647-342-8266 to register. Visit [hrfht.com](http://hrfht.com) for more information.

## HRFHT GROUP EDUCATION PROGRAM CALENDAR / **AUGUST 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<p><b>DEC - DIABETES EDUCATION SESSION.</b> Information on healthy eating, exercising and diabetes medication.</p> <p><b>SELF-CARE SATURDAYS.</b> Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care.</p> <p><b>COPING WITH STRESS WORKSHOP.</b> This workshop will help you identify stress triggers and understand how to manage things that are beyond your control</p>						
5	6 <b>CIVIC HOLIDAY</b>	7	8	9	10	11
12	13	14	15 <b>Diabetes Education Class 6-8pm DIXON</b>	16	17 <b>Mediterranean Diet Workshop 1:30-3:30pm WESTON</b>	18 <b>Self-Care Saturday 10-11:30am WESTON</b> <b>Coping with stress workshop 12:30-2:30pm location DIXON</b>
19	20	21	22	23	24	25
26	27	28	29	30	31	<b>THE MEDITERRANEAN DIET WORKSHOP:</b> Nutrition to Nourish your Heart, Body & Mind!

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## HRFHT GROUP EDUCATION PROGRAM CALENDAR / **SEPTEMBER 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DEC - DIABETES EDUCATION SESSION.</b> Information on healthy eating, exercising and diabetes medication</p> <p><b>SELF-CARE SATURDAYS.</b> Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care</p> <p><b>SMOKING CESSATION CLASS.</b> Support to smokers who wish to quit smoking. Enrolled patients may receive FREE Nicotine Replacement Therapy</p> <p><b>EXERCISE CLASS:</b> Fun &amp; Easy. Increase your Strength! Build your Balance!</p>						1
2	<b>3</b> <b>Labor Day</b>	4	5	6	7	8
9	10	11	12	13	14	<b>15</b> <b>Self-Care Saturday</b> <b>10-11:30am WESTON</b> <b>FREE Strength And</b> <b>Balance Exercise</b> <b>Class.</b> <b>1:30 PM – 2:30PM</b> <b>WESTON</b> <b>Smoking Cessation</b> <b>class 10:30-12:30pm</b> <b>DIXON</b>
16	17	18	<b>19</b> <b>Diabetes</b> <b>Education Class</b> <b>6-8pm DIXON</b>	20	21	22
23	24	25	26	27	28	29
30						

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## HRFHT GROUP EDUCATION PROGRAM CALENDAR / **OCTOBER 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	<b>8</b> <b>THANKSGIVING</b>	9	10	11	12	13
14	15	16	17	<b>18</b> Mediterranean Diet workshop 6-8pm WESTON	19	<b>20</b> Self-Care Saturday 10-11:30am WESTON  FREE Strength And Balance Exercise Class. 1:30 PM – 2:30PM WESTON  Diabetes Education Class 10:30- 12:30pm DIXON
21	22	23	24	<b>25</b> Healthy Pregnancy workshop 6-8pm WESTON	26	27
				<b>EXERCISE CLASS:</b> Fun & Easy. Increase your Strength! Build your Balance! <b>THE MEDITERRANEAN DIET WORKSHOP:</b> Nutrition to Nourish your Heart, Body & Mind! <b>HEALTHY PREGNANCY WKSHP.</b> Learn about healthy pregnancy in this 2 hour interactive group class		
28	29	30	31	<b>DEC - DIABETES EDUCATION SESSION.</b> Information on healthy eating, exercising and diabetes medication <b>SELF-CARE SATURDAYS.</b> Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care		

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## HRFHT GROUP EDUCATION PROGRAM CALENDAR / **NOVEMBER 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DEC - DIABETES EDUCATION SESSION.</b> Information on healthy eating, exercising and diabetes medication.</p> <p><b>SELF-CARE SATURDAYS.</b> Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care.</p> <p><b>EXERCISE CLASS:</b> Fun &amp; Easy. Increase your Strength! Build your Balance!</p> <p><b>COPING WITH STRESS WORKSHOP.</b> Identify stress triggers and understand how to manage things that are beyond your control</p>				1	2	3
4	5	6	7	<p style="text-align: right;"><b>8</b></p> <p>Coping with stress workshop 6-8pm WESTON</p>	9	<p style="text-align: right;"><b>10</b></p> <p>Self-Care Saturday 10-11:30am WESTON</p>
						<p><b>FREE Strength And Balance Exercise Class. 1:30 PM – 2:30PM WESTON</b></p>
						<p>Smoking Cessation class 10:30-12:30pm DIXON</p>
<b>11</b>	12	13	14	15	16	17
18	19	20	<p style="text-align: right;"><b>21</b></p> <p>Diabetes Education Class 6-8pm DIXON</p>	22	23	24
25	<p style="text-align: right;"><b>26</b></p> <p>Falls Prevention Workshop 1:30-3:30pm DIXON</p>	27	28	29	30	<p><b>SMOKING CESSATION CLASS.</b> Support to smokers who wish to quit smoking. FREE Nicotine Replacement Therapy.</p> <p><b>FPW</b> This workshop provides education on how to prevent a fall.</p>

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## HRFHT GROUP EDUCATION PROGRAM CALENDAR / **DECEMBER 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DEC - DIABETES EDUCATION SESSION.</b> Information on healthy eating, exercising and diabetes medication <b>SELF-CARE SATURDAYS.</b> Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care <b>EXERCISE CLASS:</b> Fun & Easy. Increase your Strength! Build your Balance!						1
2	3	4	5	6	7	<b>8</b> <b>Self-Care Saturday</b> <b>10-11:30am</b> <b>WESTON</b> <b>FREE Strength And Balance Exercise Class.</b> <b>1:30 PM – 2:30PM</b> <b>WESTON</b>
9	10	11	12	13	14	15
16	17	18	<b>19</b> <b>Diabetes Education Class</b> <b>6-8pm DIXON</b>	20	21	22
23	<b>24</b> <b>CHRISTMAS EVE</b>	<b>25</b> <b>Christmas Day</b>	<b>26</b> <b>BOXING DAY</b>	27	28	29
30	31					