



# February 2010



## CPHC • Diabetes Education Centre Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 INDIVIDUAL	2	3 INDIVIDUAL  HEALTHY YOU WEIGHT CLASS 9-11 (CLASS 2)	4 INDIVIDUAL	5	6
7	8 INDIVIDUAL	9 INDIVIDUAL	10  HEALTHY YOU WEIGHT CLASS 9-11 (CLASS 3)	11 INDIVIDUAL	12	13
14  	15  <b>FAMILY DAY</b> 	16 INDIVIDUAL	17 INDIVIDUAL HEALTHY YOU WEIGHT CLASS 9-11 (CLASS 4- Exercise)	18	19 INDIVIDUAL  CPHC - Prescott 1-4	20
21	22 INDIVIDUAL  CPHC - Gananoque 1-4	23	24 INDIVIDUAL  HEALTHY YOU WEIGHT CLASS 9-11 (CLASS 5)	25 INDIVIDUAL  ST. V'S 1-4	26	27
28						