



# March 2010



## CPHC • Diabetes Education Centre Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>INDIVIDUAL</i>	2 <i>INDIVIDUAL</i>	3 <b>HEALTHY YOU WEIGHT CLASS 6</b>  <b>HEALTHY YOU FOLLOW UP (Day 1:00-2:30)</b>	4 <i>INDIVIDUAL</i>	5	6
7	8 <i>INDIVIDUAL</i>	9	10 <i>INDIVIDUAL</i>  <b>HEALTHY YOU WEIGHT CLASS 9-11 (CLASS 7)</b>	11	12 <i>INDIVIDUAL</i>	13
14	15	16 <i>INDIVIDUAL</i>	17 <i>INDIVIDUAL</i>  <i>Happy St. Patrick's Day</i> * 	18 <i>INDIVIDUAL</i>	19	20
21	22 <i>INDIVIDUAL</i>	23 <i>INDIVIDUAL</i>	24	25 <i>INDIVIDUAL</i>  <b>ST. V'S 1-4</b>	26 <b>Foot Care - Graham 9-11</b>  <b>CPHC - Prescott 1-4</b>	27
28	29 <i>INDIVIDUAL</i>  <b>CPHC - Gananoque 1-4</b>	30	31 <i>INDIVIDUAL</i>			