



August 2010



CPHC • Diabetes Education Centre Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CIVIC HOLIDAY	3 <i>INDIVIDUAL</i>	4 <i>INDIVIDUAL</i>	5 <i>INDIVIDUAL</i>	6	7
8	9 <i>INDIVIDUAL</i>	10	11 <i>INDIVIDUAL</i> HEALTHY YOU WEIGHT CLASS 1-3 @ Walker House (CLASS 1)	12 <i>INDIVIDUAL</i>	13	14
15	16 <i>INDIVIDUAL</i>	17 <i>INDIVIDUAL</i>	18 HEALTHY YOU WEIGHT CLASS 1-3 @ Walker House (CLASS 2)	19	20 <i>INDIVIDUAL</i> CPHC - Prescott 1-4	21
22	23 <i>INDIVIDUAL</i> CPHC - Gananoque 1-4	24	25 <i>INDIVIDUAL</i> HEALTHY YOU WEIGHT CLASS 1-3 @ Walker House (CLASS 3)	26 <i>INDIVIDUAL</i> CPHC - St. V's 1-4	27	28
29	30 <i>INDIVIDUAL</i>	31 <i>INDIVIDUAL</i>				