



September 2010



CPHC • Diabetes Education Centre Schedule

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