

## Community Event Calendar

January to June 2018 - *Four Counties Fireplace Lounge*

Diabetes Classes	Date	Time
<b>Let's Dip and Dive into a Healthy 2018!</b> Learn to make SMART goals and dip into healthy snacks. Feat. Special guest speaker!	Tue Jan 9	1:00 - 2:30 pm
<b>The low-down on Natural Health Remedies</b> What role do they have in diabetes management and healthy living?	Tue Feb 13	1:00 - 2:30 pm
<b>** Special event in Strathroy **</b> Body Positivity: Change your perspective and discover your healthiest you! More details to follow. Pre-registration required.	Thur Mar 22	All day event
<b>Unlock the potential of food!</b> Energize! What's the hype with superfoods? Let's make energy bites together	Tue Apr 17	1:00 - 2:30 pm
<b>Feet, Footwear and Diabetes</b> —Join us for a free footwear assessment with Kathleen from SoleScience	Tue May 15	1:00 - 2:30 pm
<b>Annual Summer Sizzle and Salads</b> Join us for a delicious, free light lunch!	Tue Jun 19	11:30am - 1:00pm
Special Events	Date	Time
<b>BeneFIT your health with exercise!</b> Free weekly fitness class great for all levels. Cardio and strength training. Low impact. Please arrive 10 mins early your first time for paperwork. Equipment provided.	Thursdays	10:30 - 11:15 am
<b>Diabetes Support Group - Last Monday of each month</b>	Last Monday	2:00 - 3:00 pm

All Classes are free & everyone is welcome

Individual appointments with the nurse and dietitian are also available

**For information or to register please call: (519) 693-6502**