

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <ul style="list-style-type: none"> • Heart Chec #2 9:00-12:00 • Getting Started 6:30-9:00 	2 <ul style="list-style-type: none"> • Basic Diabetes Management (Taber) 9:30-12:00 	3
6 <ul style="list-style-type: none"> • Healthy Eating for Reducing Risk 1:30-3:30 • Stroke Sense 9:00-11:30 	7	8 <ul style="list-style-type: none"> • Heart Chec #1 9:00-12:00 • Basic Diabetes Management 1:00-3:00 (Crownsnest Pass) 	9	10
13 <ul style="list-style-type: none"> • Grocery Store Tour 1:30-4:00 (Safeway South) • Taking Care of You 1:00-4:00 • Basic Diabetes Management 1:00-4:00 (Lethbridge) 	14 <ul style="list-style-type: none"> • Getting Started 9:00-11:30 	15 <ul style="list-style-type: none"> • Heart Chec #2 9:00-12:00 	16 <ul style="list-style-type: none"> • Getting Started 12:30-3:00 	17
20	21 <ul style="list-style-type: none"> • Heart Function 9:30-11:30 	22 <ul style="list-style-type: none"> • Heart Chec #1 9:00-12:00 	23	24
27	28	29 <ul style="list-style-type: none"> • Heart Chec #2 9:00-12:00 	30	

***Registration is REQUIRED for these classes, please call Alberta Healthy Living at 403-388-6654 or 1-866-506-6654