

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Canada Day
4 •Healthy Eating for Reducing Risk 1:30-3:30 •Stroke Sense 9:00-11:30	5 •Heart Function 9:30-11:30	6 •Heart Chec #1 9:00-12:00	7 •Basic Diabetes Management (Taber) 9:30-12:00	8
11 •Basic Diabetes Management 1:00-4:00 (Lethbridge) •Taking Care of You 1:00-4:00	12 •Getting Started 9:00-11:30	13 •Heart Chec #2 9:00-12:00 •Basic Diabetes Management 1:00-3:00 (Crowsnest Pass)	14	15
18	19 •Heart Function 9:30-11:30	20 •Heart Chec #1 9:00-12:00	21 Getting Started 12:30-3:00	22
25	26	27 •Heart Chec #2 9:00-12:00	28	29

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