

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day	3	4 Heart Chec #2 9:00-12:00	5 Explaining Pain 1:00-3:30 (Telehealth 117) BDM (Taber) 9:00-12:00	6
9 Basic Diabetes Management 1:00-4:00 (Lethbridge RN5/RD1)	10 Getting Started 1:30-4:00	11 Heart Chec #1 9:00-12:00 BCBH Chronic Disease #1 1:00-3:30	12	13
16	17	18 Heart Chec #2 9:00-12:00 BCBH Chronic Disease #2 1:00-3:30	19 Explaining Pain 1:00-3:30 (Telehealth 117)	20
23 Healthy Eating for Reducing Risk 1:30-3:30 (DBRD3)	24	25 Heart Chec #1 9:00-12:00 BCBH Chronic Disease #3 1:00-3:30 Getting Started 6:00-8:30	26	27
30				

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