

# Hope Centre Health Care

## JANUARY 2019

**MONDAYS:** *Wpg Harvest Food Bank* 1:30 - 3: 00 pm. Call to register: 204 982 3660

**MONDAYS:** *Finding Balance-Painting class* 1:30 -3: 00pm. Call Judy or Jacquie to sign up.

**TUESDAYS:** *Stretch & Bike* 1:30 -2:00 pm Drop in for FREE Exercise

**WEDNESDAY:** *Healthy Start* Call for info @ 204 949 5350

**FRIDAY:** *Diabetes Educator* Call for an appointment @ 204 589 8354

**MONDAY – FRIDAY**

9 am to Noon & 1 – 4pm

**WEDNESDAY**

10 am to Noon & 1—4 pm

240 POWERS STREET

Phone: 204 589 8354

| SUN | MON   | TUE  | WED                            | THU | FRI   | SAT |
|-----|---|--|--------------------------------|-----|---|-----|
|     |   | 1  | 2                              | 3   | 4<br>Diabetes<br>Educator   | 5   |
| 6   | 7<br><i>Wpg Harvest<br/>Food Bank</i>                         | 8  | 9<br><b>Healthy<br/>Start</b>  | 10  | 11<br>Diabetes<br>Educator  | 12  |
| 13  | 14 <b>Finding<br/>Balance</b><br>(Sign up.<br>Spaces limited) | 15   | 16<br><b>Healthy<br/>Start</b> | 17  | 18<br>Diabetes<br>Educator  | 19  |
| 20  | 21<br><i>Wpg Harvest<br/>Food Bank</i>                        | 22   | 23<br><b>Healthy<br/>Start</b> | 24  | 25<br><b>CHILDREN'S<br/>HEALTH<br/>CARNIVAL</b>                                       | 26  |
| 27  | 28<br><b>Finding<br/>Balance</b><br>(Drop In)                 | 29<br><b>Stretch &amp; Bike</b><br>(Start day) | 30<br><b>Healthy<br/>Start</b> | 31  |  |     |