

# April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b> ACT Week 9/10 @ 5:30pm	<b>5</b> Taking Control of your Mood Week 5/7 @ 2pm  Wy Best Weight Workshop 7:00-8:30pm	<b>6</b>	<b>7</b>
<b>10</b> CBT-i Week 4/5 @ 2pm	<b>11</b> ACT Week 10/10 @ 5:30pm	<b>12</b> Taking Control of your Mood Week 6/7 @ 2pm	<b>13</b>	<b>14</b>
<b>17</b> CBT-i Week 5/5 @ 2pm	<b>18</b> Mood Walks Orientation @ 9:30am	<b>19</b> Taking Control of your Mood Week 7/7 @ 2pm	<b>20</b> Prediabetes Education Class @ 12pm CFC Week 1/6 @ 2pm	<b>21</b>
<b>24</b>	<b>25</b> Heart Smart Education Class 4:00-5:30pm Mood Walks @ 9:30	<b>26</b>	<b>27</b> CFC Week 2/6 @ 2pm	<b>28</b>

CBT-i = Cognitive Behavioural Therapy for Insomnia

ACT = Acceptance and Commitment Therapy

CFC = Caring for the Caregiver

To register:



# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b> Mood Walks @ 9:30am	<b>3</b>	<b>4</b> CFC Week 3/6 @ 2pm	<b>5</b>
<b>8</b>	<b>9</b> Mood Walks @ 9:30am	<b>10</b>	<b>11</b> CFC Week 4/6 @ 2pm	<b>12</b>
<b>15</b>	<b>16</b> Mood Walks @ 9:30am	<b>17</b>	<b>18</b> CFC Week 5/6 @ 2pm	<b>19</b>
<b>22</b>	<b>23</b> Mood Walks @ 9:30am	<b>24</b>	<b>25</b> CFC Week 6/6 @ 2pm	<b>26</b>
<b>29</b>	<b>30</b> Mood Walks @ 9:30am  Healthy Eating on a Budget Workshop 6:30-7:30pm **	<b>31</b>		

CFC = Caring for the Caregiver

**\*\* Healthy Eating on a Budget:** This workshop will give you tips for making meals and snacks that are healthy, in season and allow you to stay within your budget. Learn how to plan and prepare foods that are delicious and inexpensive. Meeting link: <https://us02web.zoom.us/j/87280352741?pwd=R3BLSHdjU0p1RVNQ3Myb2UydVVjQT09>