

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Mood Walks @ 9:30am	7	8	9
12	13 Mood Walks @ 9:30am	14	15 My Best Weight (virtual) 7:00-8:30pm	16
19	20 Mood Walks @ 9:30am	21	22	23
26	27 Mood Walks @ 9:30am	28	29	

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Mood Walks @ 9:30am	5	6	7
10	11 Mood Walks @ 9:30am	12	13	14
17	18	19	20	21
24	25	26	27 Heart Smart (virtual) 6:00-7:30pm	28
31	Aug 1	2	3	

Heart Smart: to register - contact Nicole 905-471-9999 ext. 317