



**SCHEDULE OF EVENTS**

Mon & Wed - Walking 10am

Tue & Thu - Biking 10am

Mon - Anger Management 7pm

Tues - A.A. 7pm

Tues - Lifelabs 8:30-11:30

Tue/Fri - Nurse Practitioner, Lynda Quesnel

Wed - NA 7pm

Thur/Fri - Kathy Lloyd, Counsellor

Wellness Group - Thur, Oct 19 & 26

Probation (Diana Adams) - Oct 11 & 25

Foot Care Nurse (Liz White) - Oct 4, 18 & 25

Foot Clinic (Jennifer Sinclair) - Oct 12

**Parenting:**

Tue, Oct 10 - Let's Grow Play Group 11-1

Wed, Oct 18 - Childhood Nutrition: Healthy Snacks 11-1

Tue, Oct 24 - Halloween Fun 11-2



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# October

Mon	Tue	Wed	Thu	Fri
<b>2 DULUTH TREATY DAY</b>  <b>Health Centre Closed</b>	<b>3 Diabetic Educators</b>  Meet SOAHAC/Family Diabetes Night BBQ 3-6pm	<b>4</b>  Yoga 12:10pm  Foot Care Nurse	<b>5</b>  COHI 12-8pm  Girl's Night Out 12-15yrs old 4-6pm	<b>6</b>
<b>9 CLOSED</b> 	<b>10</b>  Jake Agoneh 9am-4pm	<b>11</b>  Yoga 12:10pm  Jake Agoneh 9am-4pm	<b>12</b>  GOOD FOOD BOX  Foot Clinic  Jake Agoneh 9am-4pm	<b>13</b>
<b>16</b>  Yoga 12:10pm  	<b>17</b>  Community Opioid & Drug Info Session 5-8pm Call To Register	<b>18</b> Yoga 12:10pm  Foot Care Nurse	<b>19</b>  Diabetic Lunch & Learn Elders Bldg 11:30 am  Girl's Night Out 16-18yrs old 4-6pm	<b>20</b>
<b>23</b> Yoga 12:10pm  	<b>24</b>  Diabetic Massage Therapy  Breast Cancer Awareness Night 5-8pm	<b>25</b>  Foot Care Nurse  Come & Go Movember Launch Lunch 11-1	<b>26</b>	<b>27</b>  MamTour @ GBHS
<b>30</b>	<b>31</b>  Traditional Teachings Men & Women's Roles 9:00-3:30	<b>Watch For Postings During The Month of October For Flu Shot Clinics</b>		