



SCHEDULE OF EVENTS

- Biking - Mondays & Wednesdays
- Walking - Tuesdays & Thursdays
- Wednesdays - Addictions Group 5-7 pm
- Thursdays - Men's Program 4:30-7:30 pm
- LifeLabs 8:30-11:30 - Jan 7, 14, 28, 2020
- Nurse Practitioner - Tuesday, Friday
- Kathy Lloyd Counselling - Thurs & Fri
- Janette Sutherland (Probation Feb 6, 14, 28)



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 N0H2L0



Mon	Tue	Wed	Thu	Fri
3  HAPPY FEBRUARY	4 Nurse Practitioner	5 Foot Care 🦶 Dr. Jeffrey Full Circle Family 1-3 Addiction group 5-7	6 Probation Diabetes support group 1 to 3pm Mens group 4:30 -7:30	7 Nurse Practitioner
10	11 Denturist LifeLabs 8:30-11:30 Nurse Practitioner Extra Mitten Making 5-8pm	12 Dr. Jeffrey Diabetic Massage Therapy 10- 1:00 Full Circle Family 1-3 Addiction group 5-7	13 Chiropodist 🦶 GOOD FOOD BOX Mens group 4:30 -7:30	14 Probation Nurse Practitioner
17 Family Day OFFICE CLOSED	18 Nurse Practitioner	19 Probation Foot Care 🦶 Full Circle Family 1-3 Addiction group 5-7	20 Lunch & Learn Elders bldg. 11:30-1:00pm Mens group 4:30 -7:30	21
24 Cannabis info session Kristens pharmacy 6:15 pm	25 Nurse Practitioner LifeLabs 8:30-11:30	26 Full Circle Family 1-3 Addiction group 5-7	27 Mens group 4:30 -7:30	28 Probation Nurse Practitioner

