

Healthy You Schedule - UPDATED!



APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
OFFICE CLOSED FOR MOVE						
26	27	28	29	30		
NOTES:						

MAY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Class # 1 & 2 - Orientation/Nutrition Basics	
3	4	5	6	7	8	9
					Class #3 Mindfulness/Self Image - Guest Speaker	
10	11	12	13	14	15	16
					Class #5 - Carbohydrate	
17	18	19	20	21	22	23
					Class #4 - Active Living - Guest Speaker	
24	25	26	27	28	29	30
					Class #6 - Protein/Salt/Fat	
31	NOTES:					

JUNE 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
					Class #7 - Fluids, Meal Planning, Cooking Skills	
7	8	9	10	11	12	13
					Class # 8 & 9 - Supermarket Savvy, Dining Out	
14	15	16	17	18	19	20
					Class #10 - Preparing for Roadblocks, Lapses	
21	22	23	24	25	26	27
					Class #11 - Wrap up and creating your vitality toolkit	
28	29	30				
NOTES:						

Class is from 10:00am-Noon at the
North Simcoe Family Health Team
619 Prospect Boulevard
Midland ON, L4R 0G1

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Please Call 705.526.7804 ext 217 to
register or for more information