

# September 2017 Grand Bend Area Community Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more Information Contact Health Promoter Cindy Maxfield					1	2 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
3 	4 Labour Day Holiday Centre Closed	5 	6 Savanna Strollers 9:20 am. Parking lot at Lambton Heritage Museum. Walk in Pinery Park on trails	7 Evening Ex 6 p.m. Movie Night: "La La Land" 7:30 pm Community Room	8 	9 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30 
10	11 Alzheimer Support 1 :30 pm & 7 pm GBACHC	12  "Craving Change" starts 6:00-8:00 pm Zurich Library 10 Goshen St North Call 519-238-1556 x 222	13 Savanna Strollers 9:20 Parking lot at Lambton Heritage Museum. Walk in Pinery Park on trails	14 Evening exercise 6:00m Grand Bend 		16 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
17	18 Grand Bend Exercise Starts again 9:00 am, 11:00 a.m. & 1:00pm In Community Room 	19 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm "Craving Change" 6:00- 8:00 pm Zurich Library	20 Savanna Strollers 9:20 	21 Grand Bend Exercise 9 11 & 1 Port Franks Line dancing 8:30 Exercise 9 am. Evening EX 6pm GB		22
24	25 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm In Community Room	26 PF Line Dancing 8:30 PF Exercise 9:00 a.m. "Craving Change" 6:00- 8:00 pm Zurich Library Parkinson support 1:30pm Evening Exercise 6 pm	27 Savanna Strollers 9:20 Men Can Cook 10-1 pm "Take Charge of Your Health" 2:00- 4:30 pm. Grand Bend 	28 Grand Bend Exercise 9 11 & 1 Port Franks Line dancing 8:30 Exercise 9 am. Evening EX 6pm GB	29	30 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30