

WORKSHOPS FOR OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 9:00 am <i>Heart Health</i>	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 1:00 pm <i>Osteoarthritis</i>	21 9:00 am <i>Label Read</i> 4:00 pm <i>Diab 101</i>	22	23
24	25	26	27	28 9:00 am <i>Diabetes Prevention</i>	29	30

4421 Queen St.
Niagara Falls, Ontario
L2E 2L2

Register with Elenore
Phone: 905-356-2236
ext. 274

Knowledge is power and the key to success.

Limited Space, Register Early