

# Diabetes Calendar December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 
					Exercise Class 9:00 AM-10:30 AM	
3 	4	5 Living Wills and Healthcare POA  8:00 AM	6 Gray's Creek Diabetes Clinic  9:30-11:45 AM 2364 School Rd. 28348	7 Haley Harrell, LPT Fall Prevention/ Balance  5:30 PM	8	9
Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
10	11	12 Stacia Britton, LPT Fall Prevention/Balance  8:00 AM	13 Spring Lake Diabetes Clinic  9:30AM-12 PM 300 Ruth St. Spring Lake Sr. Center	14 Cooking Demo  5:30 PM	15	16 
Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
17	18 Take Charge of Diabetes Graduation 	19 Cooking Demo  8:00 AM	20 Gray's Creek Diabetes Clinic 9:30-11:45 am 2364 School Rd. 28348	21 Why Moving More is So Good for You  5:30 PM	22	23
Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
24 	25  Office Closed for the Holiday	26  Office Closed for the Holiday	27 No Clinic Today  2364 School Rd. 28348	28 Diabetes Goals and Resolutions  5:30 PM	29	30
No Exercise Class	No Exercise Class Today	No Exercise Class Today	Exercise Class 9:00 AM-10:30 AM	Exercise Class 5:45 PM-7:15 PM	Exercise Class 9:00 AM-10:30 AM	
31 			1422 Bragg Blvd. 28301 910-483-7534 www.betterhealthcc.org		 <b>BETTER HEALTH</b> <i>Better Life. Better Community.</i>	
No Exercise Class					<b>Like us on Facebook!</b>	

# Diabetes Calendar December 2017