



## February 2010-National Heart Health Month

Shkagamik-kwe  
Health Centre

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Staff Meeting Reiki-9:30-2:00 No cost	<b>3</b>	<b>4</b> Easy Yoga-YMCA- 10:30-Y Pass	<b>5</b>	<b>6</b>
<b>8</b>	<b>9</b>	<b>10</b> Cooking Class With APANO at Dumas-10:00- 12:30	<b>11</b> Easy Yoga-YMCA 10:30 Y Pass	<b>12</b>	<b>13</b>
<b>15</b> Family Day Stat	<b>16</b> Staff Meeting	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Tai Chi-6:30-7:30</b> Cxl'd					
<b>22</b> Tai Chi-6:30-7:30 Cxl'd	<b>23</b>	<b>24</b>	<b>25</b> Easy Yoga-YMCA- 10:30 Y Pass	<b>26</b>	<b>27</b>