



AUGUST

Summer Fun

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------------------|--|--|------------------------|------------------------------|----------|
| | CIVIC HOLIDAY 1 | HEALTHY BBQ IDEAS 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | FREE POP UP OUTDOOR CYCLE CLASS* 12NOON 10 | SUMMER FUN GUIDE 11 | 12 | 13 |
| 14 | 15 | FREE OUTDOOR WORKOUT DEMO* 12NOON 16 | 17 | 18 | STRETCH AND MEDITATION 19 | 20 |
| 21 | EXPLORE THE OUTDOORS CHALLENGE 22 | 23 | FREE POP UP OUTDOOR CYCLE CLASS* 12NOON 24 | 25 | 26 | 27 |
| 28 | 29 | QUICK NO COOK RECIPES NEWSLETTER 30 | 31 | | | |



***SIGN UP VIA MINDBODY
REQUIRED FOR CLASSES.**



E-mail: carecentres.sfcinfo@telus.com
for registration information.