

# /SFC Fitness Club



# MAY

*Self-care through  
Community Care*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 MENTAL HEALTH AWARENESS WEEK 1	TELUS MYSTERY CORP. CHALLENGE & OUTDOOR GROUP CLASSES STARTS 2	3	4	5	6	7
MOTHERS DAY 8	 PHYSICAL WELLNESS PARTNER WORKOUT 9	10	11	12	13	14
15	16	 NUTRITIONAL WELLNESS HEALTHY GARDENER 17	TELUS HEALTH LEARN TO RUN W/COACH CRISS 120 BREMNER 12NOON - 1PM 18	19	TELUS HEALTH MYSTERY CORPORATE CHALLENGE ENDS! 20	21
22	VICTORIA DAY HOLIDAY 23	24	TELUS HEALTH LEARN TO RUN W/COACH CRISS 18 YORK 12NOON - 1PM 25	 VIRTUAL PROGRAM TAKE 5 - WASTE NOT 26	27	28
29	30	31				

## THIS MONTH'S TO DO'S:



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For more information contact us at [carecentres.sfcinfo@telus.com](mailto:carecentres.sfcinfo@telus.com)