

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4	5 Weight Watchers in Out Patient Lobby, Weigh-in starts at 5:30, class at 6:00 pm	6	7 Wellness Wednesday 7:30-11:30 am, Acker Classroom, No appointment necessary call 898-1333 for more info	8	9 Heartsaver CPR 9:00-12:00 noon \$30, Acker Classroom, call 898-1333 to register	10
11	12 Weight Watchers in Out Patient Lobby, Weigh-in starts at 5:30, class at 6:00 pm	13	14 Healthcare Provider CPR 7:30-11:30 am, \$35, Acker Classroom, call 898-1331 to register	15 Diabetes Diet Education Class 10:- 12:30pm Acker Classroom Call 898-1262 to register	16	17
18	19 Weight Watchers in Out Patient Lobby, Weigh-in starts at 5:30, class at 6:00 pm	20	21 FREE Blood Pressure Screening at The Bargain Exchange 7:30-11:00	22	23	24

25	26 Weight Watchers in Out Patient Lobby, Weigh-in starts at 5:30, class at 6:00 pm	27	28	29 FREE Melanoma Screening 10:00-1:45 Must pre-register by calling 898-1333	30	31
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