

September/ Septiembre

Wellness Center Beaverton Calendar

Calendario de Actividades del Centro de Bienestar de **Beaverton**

Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes
2	3	4	5 Free Food Market/Mercado de comida gratis 2pm-3pm TriMet Info/ Información de TriMet 12-4pm	6
9	10	11	12	13
16	17	18	19 Free Food Market/Mercado de comida gratis 2pm-3pm Beaverton Library Info booth/ Información de la Biblioteca de Beaverton 1pm-2pm	20
23	24 CPR/Stop the bleed training / Entrenamiento de RCP y Detener la hemorragia 9-4	25	26	27
30				

September/Septiembre

Wellness Center **Cornelius** Calendar

Calendario de Actividades del Centro de Bienestar de **Cornelius**

Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes
2 Zumba 9-10am & 5:15-6:15pm	3 Zumba 9-10am & 6-7pm	4 Zumba 10-11 am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	5 Zumba 9-10am & 6-7p	6 Zumba 9-10am
9 Zumba 9-10am & 5:15-6:15pm	10 Zumba 9-10am & 6-7pm	11 Zumba 10-11 am & 5:15-6:15pm TriMet Info/ Información de TriMet 10am-1pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	12 Zumba 9-10am & 6-7p	13 Zumba 9-10am
16 Zumba 9-10am & 5:15-6:15pm	17 Zumba 9-10am & 6-7pm	18 Zumba 10-11 am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	19 Zumba 9-10am & 6-7p	20 Zumba 9-10am
23 Zumba 9-10am & 5:15-6:15pm	24 Zumba 9-10am & 6-7pm	25 Zumba 10-11 am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	26 Zumba 9-10am & 6-7p	27 Zumba 9-10am
30 Zumba 9-10am & 5:15-6:15pm				

October/Octubre

Wellness Center Beaverton Calendar

Calendario de Actividades del Centro de Bienestar de **Beaverton**

Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes
	1	2	3 Free Food Market/Mercado de comida gratis 2pm-3pm TriMet Info/ Información de TriMet 12-4pm	4
7	8	9	10	11
14	15	16	17 Free Food Market/Mercado de comida gratis 2pm-3pm Beaverton Library Info booth/ Información de la Biblioteca de Beaverton 1pm-2pm	18
21	22	23	24	25
28	29	30	31	

October/Octubre

Wellness Center **Cornelius** Calendar

Calendario de Actividades del Centro de Bienestar de **Cornelius**

Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes
	1 Zumba 9-10am & 6-7pm	2 Zumba 10-11am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	3 Zumba 9-10am & 6-7p Healthy Cooking w Adelante Mujeres AM & PM?	4 Zumba 9-10am
7 Zumba 9-10am & 5:15-6:15pm	8 Zumba 9-10am & 6-7pm	9 Zumba 10-11am & 5:15-6:15pm TriMet Info/ Información de TriMet 10am-1pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	10 Zumba 9-10am & 6-7p Healthy Cooking w Adelante Mujeres 5-7 PM?	11 Zumba 9-10am
14 Zumba 9-10am & 5:15-6:15pm	15 Zumba 9-10am & 6-7pm	16 Zumba 10-11am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	17 Zumba 9-10am & 6-7p Healthy Cooking w Adelante Mujeres 10-12PM & 5-7 PM?	18 Zumba 9-10am
21 Zumba 9-10am & 5:15-6:15pm	22 Zumba 9-10am & 6-7pm CPR/Stop the bleed training / Entrenamiento de RCP y Detener la hemorragia 10:30am -5:30pm	23 Zumba 10-11am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	24 Zumba 9-10am & 6-7p Healthy Cooking w Adelante Mujeres 5-7 PM?	25 Zumba 9-10am
29 Zumba 9-10am & 5:15-6:15pm	29 Zumba 9-10am & 6-7pm	30 Zumba 10-11am & 5:15-6:15pm Diabetes group education/ Educación grupal sobre diabetes 10am-12pm & 3pm - 4:30pm	31 Zumba 9-10am & 6-7p	