

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 CareOregon Information Booth/ Informacion de CareOregon 10-12pm	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	