

DALLAS COUNTY HOSPITAL

COMMUNITY EVENTS & EDUCATION CLASSES

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p> <p>HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM</p>	<p>4</p> <p>ADVANCED TAI CHI 9:30 - 10:15 AM COMMUNITY ROOM</p> <p>ABRIENDO CAMINOS (ISU RESEARCH PROJECT) 6:00- 8:00 PM COMMUNITY ROOM</p>	<p>5</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>	<p>6</p> <p>HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM</p> <p>SPANISH DIABETIC SUPPORT GROUP 6:00-7:00 PM BOARD ROOM</p>	<p>7</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p> <p>SATURDAY, APRIL 8TH STARTING AT 8:00 AM LIVE HEALTHY IOWA 5K PARKING LOT</p>
<p>10</p> <p>HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>	<p>11</p> <p>ADVANCED TAI CHI 9:30 - 10:15 AM COMMUNITY ROOM</p> <p>ABRIENDO CAMINOS (ISU RESEARCH PROJECT) 6:00- 8:00 PM COMMUNITY ROOM</p>	<p>12</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>	<p>13</p> <p>HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM</p>	<p>14</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>
<p>17</p> <p>HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p> <p>DIABETIC SUPPORT GROUP 3:30- 4:30 PM COMMUNITY ROOM</p>	<p>18</p> <p>ADVANCED TAI CHI 9:30 - 10:15 AM COMMUNITY ROOM</p> <p>ABRIENDO CAMINOS (ISU RESEARCH PROJECT) 6:00- 8:00 PM COMMUNITY ROOM</p>	<p>19</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p> <p>DCHF TASTEFULLY SIMPLE 10:00 AM - 4:00 PM SOUTH ATRIUM</p>	<p>20</p> <p>COMMUNITY LUNCH & LEARN 12:00 - 1:00 PM COMMUNITY ROOM</p> <p>HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM</p> <p>ENGLISH DIABETIC SUPPORT GROUP 6:00-7:00 PM BOARD ROOM</p>	<p>21</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>
<p>24</p> <p>HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>	<p>25</p> <p>ADVANCED TAI CHI 9:30 - 10:15 AM COMMUNITY ROOM</p> <p>ABRIENDO CAMINOS (ISU RESEARCH PROJECT) 6:00- 8:00 PM COMMUNITY ROOM</p>	<p>26</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p> <p>MOBILE FOOD PANTRY 4:00 - 6:00 PM NORTH PARKING LOT</p>	<p>27</p> <p>HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM</p>	<p>28</p> <p>WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR</p>

FOR MORE INFORMATION, PLEASE CONTACT
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