

DALLAS COUNTY HOSPITAL

COMMUNITY EVENTS & EDUCATION CLASSES

FEBRUARY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			2 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM SPANISH DIABETIC SUPPORT GROUP 6:00-7:00 PM BOARD ROOM	3
6 WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM	7 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM SPANISH DIABETES CLASS 6:00-7:30 PM BOARD ROOM	8 WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR	9 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM	10 WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR
13 HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR	14 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM ENGLISH DIABETES CLASS 6:00-7:30 PM BOARD ROOM	15 WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR	16 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM ENGLISH DIABETIC SUPPORT GROUP 6:00-7:00 PM BOARD ROOM	17 COMMUNITY LUNCH & LEARN 12:00 - 1:00 PM COMMUNITY ROOM WALK WITH EASE 2:30-3:30 PM ATRIUM - SECOND FLOOR
20 HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM DIABETIC SUPPORT GROUP 3:30- 4:30 PM COMMUNITY ROOM	21 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM ENGLISH DIABETES CLASS 6:00-7:30 PM BOARD ROOM	22 MOBILE FOOD PANTRY 4:00 - 6:00 PM NORTH PARKING LOT	23 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM HEALTHY HEROS 1:00- 2:00PM COMMUNITY ROOM	24
27 HEALTHY HEROS 10:30- 11:30 AM & 1:00- 2:00PM COMMUNITY ROOM	28 BEGINNER TAI CHI 10-10:45 AM COMMUNITY ROOM ENGLISH DIABETES CLASS 6:00-7:30 PM BOARD ROOM	FOR MORE INFORMATION, PLEASE CONTACT MATT CROOKS LUPITA CHAVEZ SALLY SWENSON 515.465.7563 515.465.7684 515.465.7512		

