






**HAMILTON URBAN CORE
COMMUNITY HEALTH CENTRE**

**HEALTH PROMOTION CALENDAR
OCTOBER 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>OCTOBER Breast CANCER AWARENESS MONTH</p>				 <p>WORLD Mental Health DAY <i>October 10th</i></p>	1
3 ANGER MANAGEMENT FOR MEN: 1PM-3PM	4 LAFFERS: 1.30PM-3PM ANGER MANAGEMENT FOR MEN: 5PM-7PM	5 WHAT TO EXPECT WHEN YOU ARE EXPECTING: 1.30PM-2PM	6 TAKING CHARGE DIABETES PROGRAM: 10AM-5PM	7	8
10 	11 LAFFERS: 1.30PM-3PM ANGER MANAGEMENT FOR MEN: 5PM-7PM PANCAKE TUESDAY: 10AM- 12PM	12 WHAT TO EXPECT WHEN YOU ARE EXPECTING: 1.30PM-2PM	13 TAKING CHARGE DIABETES PROGRAM: 10AM-5PM	14	15



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17 ANGER MANAGEMENT FOR MEN: 1PM-3PM	18 LAFFERS: 1.30PM-3PM ANGER MANAGEMENT FOR MEN: 5PM-7PM HOMEWORK CLUB: 5.30PM- 7.30PM	18 WHAT TO EXPECT WHEN YOU ARE EXPECTING: 1.30PM-2PM	20 TAKING CHARGE DIABETES PROGRAM: 10AM-5PM HOMEWORK CLUB: 5.30PM-7.30PM	21 FRIDAY NIGHT DINNER AND A MOVIE: 6PM- 8PM	22 FAMILY SATURDAY: 10AM-1PM
24 ANGER MANAGEMENT FOR MEN: 1PM-3PM	25 LAFFERS: 1.30PM-3PM ANGER MANAGEMENT FOR MEN: 5PM-7PM HOMEWORK CLUB: 5.30PM- 7.30PM	26 WHAT TO EXPECT WHEN YOU ARE EXPECTING: 1.30PM-2PM	27 TAKING CHARGE DIABETES PROGRAM: 10AM-5PM HOMEWORK CLUB: 5.30PM-7.30PM LIFE LESSONS PARENTING PROGRAM: 5PM-7PM	28 PARENTING IN CANADA: 1PM- 3PM	29
31 ANGER MANAGEMENT FOR MEN: 1PM-3PM					

For more information, call: 905-522-3233 or email: communityhealth@hucchc.com
181 Main St.W., CTS Location: 70 James St.S., Hamilton ON