

January 2018						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2018						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2018						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2018						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

May 2018						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2018						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2018						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

August 2018						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2018						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2018						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2018						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2018						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

2018 Mid-Main Groups

STATUTORY HOLIDAYS

- ☀ Turgeon DM Tues 5:00-6:30pm
- ☒ Wilson DM Mon 10:30- 12:00 pm
- ➕ Karalic DM Thurs 4:30-6:00pm
- ☼ Loubert DM Tues 3:30-5:00pm
- ♥ Loubert HTN Tues 3:30-5:00pm
- ★ McKnight DM Tues 3:30-5:00pm
- ♦ Majeed DM Tues 5:00-6:30pm
- § Kovacevic DM Thurs 4:30-6:00pm
- ☺ Pre-DM Tues 5:00-6:30pm
- ☞ COPD Tues 5:00-6:30pm

DM=diabetes
HTN=hypertension
Pre-DM = prediabetes
COPD=chronic obstructive pulmonary disease

Patient Reminders:

- have any scheduled lab work done at **LEAST 10 days** before the session
- be sure to **call and confirm** whether you **will or will NOT** attend the session to ensure we are prepared for your visit. Leave a message at 604 873-3666 Local 230 (Susan's voicemail) or 604 618-9783 (Susan's cell)
- Arrive at least 15 minutes before the start of each session to allow for check in

Bring:

- a list of your current medications (including vitamins and supplements)
- copy of your blood sugar diary if you are using a glucometer
- list of recent readings if monitoring blood pressures at home
- inhalers, if you have COPD