

### January 2020

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		

McKnight DM Jan 27<sup>th</sup> at 12:00-1:30pm

### February 2020

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	

### March 2020

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

### April 2020

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			

### May 2020

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 2020

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 2020

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		

### August 2020

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

### September 2020

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 2020

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 2020

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

### December 2020

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			

## 2020 Mid-Main Groups FINAL

### STATUTORY HOLIDAYS

- ☀ Turgeon DM Mon 5:00-6:30pm
- ☑ Turgeon DM Mon 10:30-noon
- ★ Karalic HTN Thurs 4:30-6:00pm
- 🌀 Loubert DM Thurs 3:00-4:30pm
- ♥ Loubert HTN Thurs 3:00-4:30pm
- ✳ McKnight DM Mon 3:30-5:00pm
- ♦ Randsalu DM Tue 5:00-6:30pm
- § SK/VK DM Thurs 4:30-6:00pm
- ☺ Pre-DM Tues 5:00-6:30pm
- ⌘ Loubert CBT Wed 3:00-7:00pm

DM=diabetes

HTN=hypertension

Pre-DM = prediabetes

### 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)
- 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
- a list of recent readings if monitoring blood pressures at home