

## July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Ask a Dietitian 6:00pm - 7:30pm Location: Crowfoot PCC **Registration Required**	8	9
10	11	12 Tobacco Cessation - First Class 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required** Ask a Dietitian 1:00pm - 3:30pm Location: Riley Park PCC **Registration Required**	13 Addictions Info & Support Group 7:00pm - 9:00pm Location: Riley Park PCC **No Registration Required**	14 Ask a Dietitian 10:00am - 11:30am Location: Riley Park PCC **Registration Required**	15	16
17	18	19 Tobacco Cessation - Second Class 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required** Ask a Dietitian 1:00pm - 3:30pm Location: Riley Park PCC **Registration Required**	20 Stress Education 6:30pm - 8:30pm Location: Riley Park PCC **Registration Required**	21 Tobacco Cessation - First Class 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	22	23
24	25	26 Tobacco Cessation - Third Class 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	27 Depression Education 6:30pm - 8:30pm Location: Riley Park PCC **Registration Required**	28 Ask a Dietitian 10:00am - 11:30am Location: Riley Park PCC **Registration Required** Tobacco Cessation - Second Class 6:30pm - 7:30pm Location: Riley Park PCC	29	30
31						

# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>Tobacco Cessation - Fourth Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	3	4 <b>Tobacco Cessation - Third Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	5	6
7	8 <b>Tobacco Cessation - First Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	9	10 <b>Addictions Info &amp; Support Group</b> 7:00pm - 9:00pm Location: Riley Park PCC **No Registration Required**	11 <b>Ask a Dietitian 10:00am - 11:30am</b> Location: Riley Park PCC **Registration Required** <b>Ask a Dietitian 6:00pm - 7:30pm</b> Location: Crowfoot PCC **Registration Required** <b>Tobacco Cessation - Fourth Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	12	13
14	15 <b>Tobacco Cessation - Second Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	16 <b>Ask a Dietitian 1:00pm - 3:30pm</b> Location: Riley Park PCC **Registration Required**	17 <b>No Stress Education Class</b>	18 <b>Tobacco Cessation - First Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	19	20
21	22 <b>Tobacco Cessation - Third Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	23	24 <b>No Depression Education Class</b>	25 <b>Ask a Dietitian 10:00am - 11:30am</b> Location: Riley Park PCC **Registration Required** <b>Tobacco Cessation - Second Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	26	27
28	29 <b>Tobacco Cessation - Fourth Class</b> 6:30pm - 7:30pm Location: Riley Park PCC **Registration Required**	30 <b>Ask a Dietitian 1:00pm - 3:30pm</b> Location: Riley Park PCC **Registration Required**	31			

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1  <b>Tobacco Cessation - Third Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	2	3
4	5	<p>6  <b>Tobacco Cessation - First Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	7	<p>8  <b>Ask a Dietitian 10:00am - 11:30am</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b>  <b>Ask a Dietitian 6:00pm - 7:30pm</b>  <b>Location: Crowfoot PCC</b>  <b>**Registration Required**</b>  <b>Tobacco Cessation - Fourth Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	9	10
11	<p>12  <b>Tobacco Cessation - First Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>13  <b>Tobacco Cessation - Second Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b>  <b>Ask a Dietitian 1:00pm - 3:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>14  <b>Addictions Info &amp; Support Group</b>  <b>7:00pm - 9:00pm</b>  <b>Location: Riley Park PCC</b>  <b>**No Registration Required**</b></p>	15	16	17
18	<p>19  <b>Tobacco Cessation - Second Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>20  <b>Tobacco Cessation - Third Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>21  <b>Stress Education 6:30pm - 8:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>22  <b>Ask a Dietitian 10:00am - 11:30am</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b>  <b>Tobacco Cessation - First Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	23	24
25	<p>26  <b>Tobacco Cessation - Third Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>27  <b>Tobacco Cessation - Fourth Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b>  <b>Ask a Dietitian 1:00pm - 3:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>28  <b>Depression Education</b>  <b>6:30pm - 8:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>29  <b>Tobacco Cessation - Second Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	30	

October 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>Tobacco Cessation - Fourth Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	4 <b>Tobacco Cessation - First Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	5	6 <b>Ask a Dietitian 10:00am - 11:30am</b> Location: Riley Park PCC <b>**Registration Required**</b> <b>Ask a Dietitian 6:00pm - 7:30pm</b> Location: Crowfoot PCC <b>**Registration Required**</b> <b>Tobacco Cessation - Third Class 6:30pm - 7:30pm</b> Location: Riley Park PCC <b>**Registration Required**</b>	7	8
9	10	11 <b>Ask a Dietitian 1:00pm - 3:30pm</b> Location: Riley Park PCC <b>**Registration Required**</b> <b>Tobacco Cessation - Second Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	12 <b>Addictions Info &amp; Support Group</b> 7:00pm - 9:00pm Location: Riley Park PCC <b>**No Registration Required**</b>	13 <b>Tobacco Cessation - Fourth Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	14	15
16	17 <b>Tobacco Cessation - First Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	18 <b>Tobacco Cessation - Third Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	19 <b>Stress Education 6:30pm - 8:30pm</b> Location: Riley Park PCC <b>**Registration Required**</b>	20 <b>Ask a Dietitian 10:00am - 11:30am</b> Location: Riley Park PCC <b>**Registration Required**</b>	21	22
23	24 <b>Tobacco Cessation - Second Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	25 <b>Ask a Dietitian 1:00pm - 3:30pm</b> Location: Riley Park PCC <b>**Registration Required**</b> <b>Tobacco Cessation - Fourth Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	26 <b>Depression Education 6:30pm - 8:30pm</b> Location: Riley Park PCC <b>**Registration Required**</b>	27 <b>Tobacco Cessation - First Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>	28	29
30	31 <b>Tobacco Cessation - Third Class</b> 6:30pm - 7:30pm Location: Riley Park PCC <b>**Registration Required**</b>					

# November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1  <b>Tobacco Cessation - First Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>2</p>	<p>3  <b>Ask a Dietitian 10:00am - 11:30am</b>                      Location: Riley Park PCC                      **Registration Required**  <b>Tobacco Cessation - Second Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7  <b>Tobacco Cessation - Fourth Class 6:30pm - 7:30pm</b>                      Location: Riley Park PCC                      **Registration Required**</p>	<p>8  <b>Ask a Dietitian 1:00pm – 3:30pm</b>                      Location: Riley Park PCC                      **Registration Required**  <b>Tobacco Cessation - Second Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>9  <b>Addictions Info &amp; Support Group</b>                      7:00pm - 9:00pm                      Location: Riley Park PCC                      **No Registration Required**</p>	<p>10  <b>Tobacco Cessation - Third Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14  <b>Tobacco Cessation - First Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>15  <b>Tobacco Cessation - Third Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>16  <b>Stress Education 6:30pm - 8:30pm</b>                      Location: Riley Park PCC                      **Registration Required**</p>	<p>17  <b>Ask a Dietitian 10:00am - 11:30am</b>                      Location: Riley Park PCC                      **Registration Required**  <b>Ask a Dietitian 6:00pm - 7:30pm</b>                      Location: Crowfoot PCC                      **Registration Required**  <b>Tobacco Cessation - Fourth Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21  <b>Tobacco Cessation - Second Class 6:30pm - 7:30pm</b>                      Location: Riley Park PCC                      **Registration Required**</p>	<p>22  <b>Ask a Dietitian 1:00pm – 3:30pm</b>                      Location: Riley Park PCC                      **Registration Required**  <b>Tobacco Cessation - Fourth Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>23  <b>Depression Education 6:30pm - 8:30pm</b> Location: Riley Park PCC                      **Registration Required**</p>	<p>24  <b>Tobacco Cessation - First Class</b>                      6:30pm - 7:30pm                      Location: Riley Park PCC                      **Registration Required**</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28  <b>Tobacco Cessation - Third Class 6:30pm - 7:30pm</b>                      Location: Riley Park PCC                      **Registration Required**</p>	<p>29</p>	<p>30</p>			

## December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1  <b>Ask a Dietitian 10:00am - 11:30am</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b>  <b>Tobacco Cessation - Second Class</b>  <b>6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	2	3
4	<p>5  <b>Tobacco Cessation - Fourth Class 6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	<p>6  <b>Ask a Dietitian 1:00pm - 3:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	7	<p>8  <b>Tobacco Cessation - Third Class 6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	9	10
11	12	13	<p>14  <b>Addictions Info &amp; Support Group</b>  <b>7:00pm - 9:00pm</b>  <b>Location: Riley Park PCC</b>  <b>**No Registration Required**</b></p>	<p>15  <b>Ask a Dietitian 10:00am - 11:30am</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b>  <b>Ask a Dietitian 6:00pm - 7:30pm</b>  <b>Location: Crowfoot PCC</b>  <b>**Registration Required**</b>  <b>Tobacco Cessation - Fourth Class 6:30pm - 7:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	16	17
18	19	20	<p>21  <b>Stress Education 6:30pm - 8:30pm</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	22	23	24
25	26	27	<p>28  <b>No Depression Education Class</b></p>	<p>29  <b>Ask a Dietitian 10:00am - 11:30am</b>  <b>Location: Riley Park PCC</b>  <b>**Registration Required**</b></p>	30	31