

Tri-Valley Calendar

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February, 2010

<i>Date</i>	<i>Day</i>	<i>Event</i>	<i>Time</i>	<i>Location/phone</i>
2/2	Tuesday	"My Life My Health" Chronic Disease Self Management	1:00 p.m.	Crown & Eagle North Uxbridge Call Tri-Valley 1-800-286-6640
2/4	Thursday	A Matter of Balance Class	12:30 p.m.	Sturbridge Senior Center Call Tri-Valley 1-800-286-6640
2/9	Tuesday	"My Life My Health" Chronic Disease Self Management	1:00 p.m.	Crown & Eagle North Uxbridge Call Tri-Valley 1-800-286-6640
2/10	Wednesday	Nutrition Education "Walk the Talk"	12:00 noon	Southbridge Nutrition Site Call: Tri-Valley 1-800-286-6640
2/11	Thursday	A Matter of Balance Class	12:30 p.m.	Sturbridge Senior Center Call Tri-Valley 1-800-286-6640
2/16	Tuesday	"My Life My Health" Chronic Disease Self Management	1:00 p.m.	Crown & Eagle North Uxbridge Call Tri-Valley 1-800-286-6640
2/18	Thursday	A Matter of Balance Class	12:30 p.m.	Sturbridge Sr.Ctr. Call Tri-Valley 1-800-286-6640
2/25	Thursday	A Matter of Balance Class	12:30 p.m.	Sturbridge Sr.Ctr. Call Tri-Valley 1-800-286-6640

March, 2010

<i>Date</i>	<i>Day</i>	<i>Event</i>	<i>Time</i>	<i>Location/phone</i>
3/4	Thursday	A Matter of Balance Class	12:30 p.m.	Sturbridge Sr.Ctr. Call Tri-Valley 1-800-286-6640
3/11	Tuesday	A Matter of Balance Class	12:30 p.m.	Sturbridge Sr.Ctr. Call Tri-Valley 1-800-286-6640
3/18	Tuesday	A Matter of Balance Class	12:30 p.m.	Sturbridge Sr.Ctr. Call Tri-Valley 1-800-286-6640
3/25	Tuesday	A Matter of Balance Class	12:30 p.m.	Sturbridge Sr.Ctr. Call Tri-Valley 1-800-286-6640
3/31	Wednesday	A Matter of Balance Class	1 – 3 p.m.	Mendon Senior Center Call Tri-Valley 1-800-286-6640