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|  | Sept 2019  **SESSIONS ARE TUESDAYS AND FRIDAYS 6-8 PM AT 1612 CAMDEN RD** | |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | **5:30 PM** 5 | 6 | 7 |
|  |  | **Cooking with Anna Activities w/ Lisa** |  | **ORIENTATION AT**  **1422 BRAGG BVD** | **Dodgeball**  **$ Double Fit Bucks $** |  |
| 8 | 9 | **Black Girls Run** 10 | 11 | 12 | 13  **Yoga with Mittals**  **Activities w/ Lisa** | 14 |
|  |  | **\*LOCATION WILL CHANGE- KIWANIS REC\***  **Games w/ Amanda** |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  |  |  |  |  | **Yoga with Mittals**  **Sports & Activities**  **Fit Buck Exchange!** |  |
| 22 | 23 | **Black Girls Run**  24 | 25 | 26 | 27 | 28 |
| Bring Water!!!! |  | **\*LOCATION WILL CHANGE- KIWANIS REC\*** |  |  | **Relay Races and**  **Team Building** |  |
| 29 | 30 |  |  | **Be sure you have the Remind app! We use this to share location changes, reminders, and cancellations!** |  | **6-6:10 LAPS**  **6:10-6:30 FREE PLAY**  **6:30-6:45 WARM UPS**  **6:45-8 CHOICES** |
| **Black Girls Run** 13 |  |  |  |  |  |  |

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| N:\BHlogohighdef.jpgQuestions?  [cher@betterhealthcc.org](mailto:cher@betterhealthcc.org) 910-483-7534 |  |  | Image result for cape fear valley kids with diabetes |

**Cross Creek Pediatrics Fayetteville Children’s Clinic**