

MON	TUE	WED	THU	FRI	
 <h1 data-bbox="510 155 1087 358">September</h1> <h1 data-bbox="1310 180 1570 293">2019</h1>				<p data-bbox="1640 207 1988 315">Call Health Promotion at 519-344-3017 X 259</p>	
<p data-bbox="132 380 153 402">2</p>  <p data-bbox="237 423 443 581">LABOUR DAY CENTRE CLOSED</p>	<p data-bbox="512 380 533 402">3</p> <p data-bbox="512 412 827 472">10:00 - 11:00 am Canatara Low Impact Exercise</p>	<p data-bbox="896 380 917 402">4</p> <p data-bbox="896 412 1255 472">900 - 10:00 am Riverside Low Impact Exercise</p> <p data-bbox="896 496 1146 526">1:30-3:30pm Sleep Happy</p>	<p data-bbox="1281 380 1302 402">5</p> <p data-bbox="1281 412 1570 467">9:30 - 11:30 am Healthy You Diabetes Education & Cooking</p> <p data-bbox="1281 492 1535 521">10am-12pm Knit & Knatter</p> <p data-bbox="1281 545 1528 574">2:30-3:30 pm Bust a Move</p>	<p data-bbox="1633 380 1654 402">6</p> <p data-bbox="1633 412 1898 488">\$\$ Garden Fresh Box Orders due</p> <p data-bbox="1633 505 1927 534">8:30am-10:30am Coffee Time</p>	
<p data-bbox="132 649 153 672">9</p> <p data-bbox="132 678 468 708">9:00 - 10:00 am Riverside Low Impact</p> <p data-bbox="132 727 394 756">1:30-4:00 pm Chronic Pain</p> <p data-bbox="132 776 394 805">10:30-11:30 am Meditation</p>	<p data-bbox="512 649 533 672">10</p> <p data-bbox="512 678 827 740">10:00 - 11:00 am Canatara Low Impact Exercise</p> <p data-bbox="512 784 747 813">6:30-7:30pm Meditation</p>	<p data-bbox="896 649 917 672">11</p> <p data-bbox="896 678 1226 740">9:00 - 10:00 am Riverside Low Impact Exercise</p>	<p data-bbox="1281 649 1302 672">12</p> <p data-bbox="1281 708 1528 737">2:30-3:30 pm Bust a Move</p> <p data-bbox="1281 764 1591 794">5:30pm-7:30pm Anger Management</p>	<p data-bbox="1633 649 1675 672">13</p>	
<p data-bbox="132 844 153 867">16</p> <p data-bbox="132 873 464 902">9:00 - 10:00am Riverside Low Impact</p> <p data-bbox="132 922 331 951">10:30 am Meditation</p> <p data-bbox="132 971 394 1000">1:30-4:00 pm Chronic Pain</p> <p data-bbox="132 1019 401 1049">10:30-11:30 am Meditation</p>	<p data-bbox="512 844 533 867">17</p> <p data-bbox="512 873 827 935">10:00 - 11:00 am Canatara Low Impact Exercise</p> <p data-bbox="512 963 743 992">Meditation 6:30-7:30pm</p>	<p data-bbox="896 844 917 867">18</p> <p data-bbox="896 873 1255 935">900 - 10:00 am Riverside Low Impact Exercise</p>	<p data-bbox="1281 844 1302 867">19</p> <p data-bbox="1281 873 1612 935">1:00 - 4:00 pm Garden Fresh Box pick up</p> <p data-bbox="1281 946 1528 976">1:30-3:30 pm Bust a Move</p> <p data-bbox="1281 1003 1591 1032">5:30pm-7:30pm Anger Management</p>	<p data-bbox="1633 844 1675 867">20</p>	
<p data-bbox="132 1091 153 1114">23</p> <p data-bbox="132 1120 468 1149">9:00 - 10:00 am Riverside Low Impact</p> <p data-bbox="132 1169 310 1198">10:30 am Meditation</p> <p data-bbox="132 1218 369 1247">1:30-4:00 pm Chronic Pain</p> <p data-bbox="132 1266 348 1295">10:30-11:30 Meditation</p>	<p data-bbox="512 1091 533 1114">24</p> <p data-bbox="512 1120 863 1187">9:30-11:30am Diabetes Education & Cooking Series</p> <p data-bbox="512 1206 827 1273">10:00 - 11:00 am Canatara Low Impact Exercise</p> <p data-bbox="512 1292 743 1321">6:30-7:30pm Meditation</p>	<p data-bbox="896 1091 917 1114">25</p> <p data-bbox="896 1120 1255 1182">900 - 10:00 am Riverside Low Impact Exercise</p>	<p data-bbox="1281 1091 1302 1114">26</p> <p data-bbox="1281 1120 1528 1149">2:30-3:30 pm Bust a Move</p> <p data-bbox="1281 1177 1591 1206">5:30pm-7:30pm Anger Management</p>	<p data-bbox="1633 1091 1675 1114">27</p> <p data-bbox="1633 1120 1934 1182">10:30 am Waist Away Support Group</p> <p data-bbox="1633 1195 1793 1224">1:30pm-3:30 pm</p> <p data-bbox="1633 1237 1871 1266">Coloring & Conversation</p>	
<p data-bbox="132 1367 153 1390">30</p> <p data-bbox="132 1412 468 1442">9:00 - 10:00 am Riverside Low Impact</p> <p data-bbox="132 1461 394 1490">1:30-4:00 pm Chronic Pain</p> <p data-bbox="132 1510 407 1539">10:30 -11:30 am Meditation</p>	<p data-bbox="512 1367 533 1390">31</p> <p data-bbox="512 1412 747 1442">6:30-7:30pm Meditation</p>	<p data-bbox="869 1455 1423 1495">Program descriptions on reverse side</p>			 <p data-bbox="1650 1442 1995 1507">West Lambton Community Health Centre</p>

West Lambton Community Health Centre Program Descriptions

Opening Doors: Healthy lifestyle program for individuals living with mental illness or seeking mental health support . **For information, Ext 277**

Riverside Low Impact Exercise: **Mondays and Wednesdays; 9:00—10:00 am** Meet at the Centennial Park Flag Court, London Rd & Front St N. **Please register at your first class.**

Canatara Low Impact Exercise: **Tuesdays; 10:00—11:00 am.** Meet at the Canatara Park Picnic Pavilion, (blue roof) to the right of the band shell. **Please register at your first class.**

Meditation with Richard: Increase self esteem, improve concentration, lower blood pressure, reduce stress and anxiety, emotional balance. Helps you appreciate life more.

Weekly; Monday Mornings, 10:30 am OR Tuesday Evenings, 6:30 pm. Please register at your first class.

Waist Away Support Group: Join our Registered Dietitian and a group of your peers in our monthly weight loss support group. **Monthly; fourth Friday, 10:30 am. To register, Ext. 237**

Healthy You Diabetes Education & Cooking Class: Focusing on the basics of healthy eating for diabetes prevention and management. Led by a Registered Dietitian. The class will include education and a cooking component. All skill levels welcome. **Thursday, September 5, 9:30—11:30 am. To register, Ext 237**

Diabetes Education & Cooking Series: 1 3-month series focusing on the the basics of healthy eating for diabetes prevention and management. Led by a Dietitian, each class includes an education and cooking component. All Skills welcome! **Tues Sept 24th, Oct 29th, Nov 26th @ 9:30am-11:30am To register call 519-491-2123 ext. 223**

Chronic Pain Workshop: Light exercises to improve strength & flexibility , Techniques to deal with stress, pain, depression & improve sleep fatigue management, pain medications & treatments. **Monday's September 9, 2019—October 21, 2019 (excluding October 14, 2019—Thanksgiving) At NLCHC Cardio-Pulmonary Rehab 460 Christina St. To register, Ext 237**

Coffee Time Join us for Free coffee and socialization. Board games are also available! **First Friday of each month 8:30am-10:30am**

****watch for exciting new changes to the Coffee Time group!**

Knit & Knatter Knit hats and mitts which will go on the Christmas Tree in our waiting room during the colder months! Unable to join us? Feel free to take some yarn home to create in your own time and bring them back to put them on the tree!!

Yarn donations are also accepted and appreciated! **First Thursday of each month 10am-12pm**

Coloring & Conversation Bring your favorite pencil crayons and coloring books for a time of coloring and conversation! .

Coffee is provided. **Last Friday of each month 1:30pm-3:30pm**

Sleep Happy Practical tips on how to have the sleep of your dreams, why people have problems sleeping, and common sleep problems/ disorders, why sleep is important, and the impact when we don't get enough sleep, strategies and tips to improve sleep – includes information that is focused on our environment, social/relationships, emotions, cognitive, pharmacological and nutrition.

Wednesday September 4th 1:30pm-3:30pm

Anger Management 8 week series Facilitated by Glenn Ethridge MSW, RSW and Joy Vascotto MSW, RSW **Thursday September 12, 2019—October 31, 2019 5:30pm-7:30pm. Registration is required ext. 237.**

Bust A Move Looking for a way to let loose in the music? Come join us in a fun-filled hour of creating your own musical beat to "Bust A Move" to!
Thursdays September 5, 2019—October 3, 2019 2:30pm-3:30pm Living Hope Christian Reformed Church, 1281 Exmouth St To register 519-344-3017 etx. 237



Indoor Low Impact Exercise, Now running Oct-May!!