

Program descriptions on reverse side

MON	TUE	WED	THU	FRI
<p><i>Website Address: www.nlchc.com</i></p> <p><i>Find us on Facebook: West Lambton Community Health Centre</i></p>	<p>1</p>  <p><i>New Year's Day</i> CENTRE CLOSED</p>	<p>2</p>	<p>3 1:00—3:00 pm Knit & Natter</p>	<p>4 9:00—11:00 am Seniors Coffee & Board Games \$\$ Garden Fresh Box Orders due</p>
<p>7 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation</p>	<p>8 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation</p>	<p>9 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact</p>	<p>10 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:00 pm Anger Management</p>	<p>11 9:00 am Central Low Impact 10:00 am - 12:00 noon Souper Lunch Friday</p>
<p>14 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation</p>	<p>15 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation</p>	<p>16 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact</p>	<p>17 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 1:00—4:-00 pm Garden Fresh Box Pickup 1:30 pm Label Reading 6:00 pm Anger Management</p>	<p>18 9:00 am Central Low Impact</p>
<p>21 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation</p>	<p>22 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation</p>	<p>23 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact</p>	<p>24 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:00 pm Anger Management</p>	<p>25 9:00 am Central Low Impact 10:30 am Waist Away Support Group</p>
<p>28 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation</p>	<p>29 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation</p>	<p>30 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact</p>	<p>31 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:00 pm Anger Management</p>	

West Lambton Community Health Centre Program Descriptions

Anger Management: 8 week series; Thursdays; January 10—February 28, 6:00 pm.

Is your anger out of control? Identify your anger triggers and patterns. Practice positive and effective anger management skills.

Garden Fresh Box: “Eat fresh for less.” The Garden Fresh Box is a food buying

opportunity for anyone who wants fresh vegetables and fruit without paying grocery store prices. Order and payment deadline is the first Friday of each month and the produce pick up date is the third Thursday of each month. **For information X259**

Knit & Natter Knitting Group: We will be coming together as a community to knit hats and mittens for our Giving Tree. Accepting donations of completed hats and mittens and people to join the group - the more the merrier! **Monthly; first Thursday, 1:00—3:00 pm. October 4, 2018—March 29, 2019**

Label Reading Class: Thursday, January 17, 1:30 pm. A one-hour class designed to increase the knowledge and ability to read and interpret nutrition facts tables, nutrition claims and ingredient lists. This class aims to assist participants in making healthier decisions overall when choosing food products.

Ext 259 to register

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. Classes begin January 7 & 8, 2019

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

Seniors Coffee & Board Games: FREE event. Meet new friends, learn about other free programs and services available with the West Lambton Community Health Centre.

Monthly; first Friday, 9:00 –11:00 am in the WLCHC Meeting Room.

No registration required.

Souper Lunch Fridays: Prepare two nutritious soups. Please bring your own containers to take soup home. **Second Friday of each month, 10:00 am — 12:00 noon at**

St. Luke’s United Church, 350 Indian Rd. S.

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. 259**

Low Impact Exercise; November 2018—April, 2019

(FREE) - Register at your first class

Central United Church - 220 George St; Monday, Wednesday, Friday, 9:00– 10:00 am

Living Hope Christian Reformed Church - 1281 Exmouth St; Monday & Wednesday 9:00—10:00 am

Mooretown Sports Complex - 1166 Emily St; Monday & Wednesday, 9:00 - 10:00 am

St. Lukes United Church - 350 Indian Rd; Tuesday & Thursday, 9:30 - 10:30 am

Brigden Fairgrounds - 2976 Brigden Rd; Tuesday & Thursday 9:30 - 10:30 am

