



January 2019

Call April at
519-786-4545 ext. 307
for more information

Mon	Tue	Wed	Thu	Fri
	1 	2 10:00 Thedford Exercise	3	4 10:00 Thedford Exercise \$\$ Garden Fresh Box orders
7 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit 10:00 Elders Coffee	8 8:30 Forest Low Impact	9 10:00 Warwick Coffee Social 10:00 Thedford Exercise 1:30 BMI Group	10 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social 10:00 Camlachie Exercise	11 9:00 Arkona Coffee Social 9:30 Forest Coffee Social
14 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit	15 8:30 Forest Low Impact 9:30 Diabetes Cooking Forest	16 9:30 Diabetes Cooking Wyoming 3:00 Garden Fresh Box Pick Up Forest	17 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social 10:00 Camlachie Exercise Garden Fresh Order pick up Watford	18 9:00 Arkona Coffee Social 9:30 Forest Coffee Social 10:00 Thedford Exercise
21 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit 10:00 Elders Coffee	22 8:30 Forest Low Impact	23 10:00 Warwick Coffee Social	24 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social	25 9:00 Arkona Coffee Social 9:30 Forest Coffee Social
28 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit	29 8:30 Forest Low Impact	30 10:00 Thedford Exercise	31 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social 10:00 Camlachie Exercise	

North Lambton Community Health Centre—Program Descriptions

After School Programs: FREE after school programming for children ages 6-13 years (grades 1-8). Programs available in Forest, Thedford, Kettle Point, Watford and Aamjiwnaang. Contact Tiffany at 519-786-4545 ext. 235 for information.

Breastfeeding Buddies: A FREE telephone support program for breastfeeding families provided by trained volunteer who have fed their babies for at least six months. Contact Lynne at 519-786-4545 ext. 231 for information.

Coffee Time Social Drop-in: Scheduled meeting places for anyone interested in coffee and socializing. Locations: Arkona Orchard View , Forest NLCHC, Kettle Point Elders Lodge, Thedford Knox Presbyterian and Warwick Community Centre.

Cooking Classes: Delicious Diabetes Cooking and Cookin' It Up: Diabetes Education and Cooking Series. Offered monthly or bimonthly. Led by a peer worker and/or dietitian.

Feeding Support: Connect with our Dietitian for feeding advice for your little ones. Programming includes a monthly Feeding Circle (Forest EarlyON Centre) and Breastfeeding support (Prenatal Feeding class, peer mentors and access to hospital grade breast pumps). Contact Lynne at 519-786-4545 ext. 231 for more information.

Garden Fresh Box: Fresh fruits and vegetable at reasonable prices. Single box \$10, Family Box \$15.

Healthy Heart Class: Are you worried about your heart health? Do you want to learn how to manage your cholesterol and/or blood pressure? Consider attending a FREE class with our dietitian.

Low Impact Exercise: Join our certified volunteer instructors at The Shores Recreation Centre for a low impact physical activity program that focuses on building strength, endurance, flexibility, core conditioning and balance.

Opening Doors: Healthy lifestyle program for individuals living with mental illness or seeking mental health support. Contact Rebecca at 519-786-4545 ext. 279 for information.

Pulmonary Rehab and Maintenance Program: The Pulmonary Rehab programs combines exercise with education for those living with COPD. Participants will learn self-management techniques to improve their quality of life. Contact Brenda at 519-786-4545 ext. 265 for information.

Prenatal Classes: Coming in the February 2019, Lambton Public Health will be offering a prenatal session at NLCHC. To register call Lambton Public Health at 519-383-8331 or visit the website at <https://lambtonhealth.on.ca/classes-and-clinics/prenatal-classes>.

Seniors Dinner: 1st Wednesday of the month at the Forest Legion from October-June. Enjoy a home cooked meal plus entertainment for only \$8!

Volunteer Program: Contact Tiffany at 519-786-4545 ext. 235 if you are interested in sharing your time and talents for one of our many programs.

Walking/Exercise Programs: Join our certified volunteer instructors in an indoor light physical activity program. Exercise can be done at your own pace with plenty of opportunity for breaks and water. Locations: Thedford Legacy Centre, Watford Arena and Camlachie Community Centre.

Walking Fit: Join us in walking the indoor track at The Shores Recreation Centres. No need to register, just come as you are able.

