

MON	TUE	WED	THU	FRI
				1 9:00—11:00 am Seniors Coffee & Board Games \$\$ Garden Fresh Box Orders due
4 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation	5 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation	6 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact	7 9:30 - 11:30 am Healthy You Diabetes Education & Cooking 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 11:00 am All Saints Shibashi 1:00—3:00 pm Knit & Natter 6:00 pm Anger Management	8 9:00 am Central Low Impact 10:00 am - 12:00 noon Souper Lunch Friday
11 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation	12 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation	13 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact	14 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 11:00 am All Saints Shibashi 6:00 pm Anger Management 	15 9:00 am Central Low Impact
18  CENTRE CLOSED	19 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation	20 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact	21 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 11:00 am All Saints Shibashi 6:00 pm Anger Management 	22 9:00 am Central Low Impact 10:30 am Waist Away Support Group 
25 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact 10:30 am Meditation	26 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 6:30 pm Meditation	27 9:00 am Central Low Impact 9:00 am Mooretown Low Impact 9:00 am Living Hope Low Impact	28 9:30 am St. Luke's Low Impact 9:30 am Brigden Low Impact 11:00 am All Saints Shibashi 6:00 pm Anger Management 	

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

West Lambton Community Health Centre Program Descriptions

All Saints Shibashi: FREE classes. Breath and movement for exercise and health. Eight sessions; Thursdays, February 7– March 28, 11:00 am . All Saints Anglican Church, 248 N Vidal St. Sarnia. Register at first session.

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**

Healthy You Diabetes Education & Cooking Class: Led by a Registered Dietitian. This free class will include education and a cooking component. TOPIC: Vegetarian. All skill levels welcome. **Thursday, February 7, 9:30—11:30 am. To register, Ext 259**

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**

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.

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**

