


# February 2019

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

Mon	Tue	Wed	Thu	Fri
<b>Master Your Health—Chronic Pain</b> Mondays February 25—April 1, 2019 1:00 p.m.—3:30 p.m.		<b>Master Your Health—General</b> Mondays April 20—June 10, 2019 9:30 a.m.—12:00 p.m.		1 9:00 Arkona Coffee Social 9:30 Forest Coffee Social 10:00 Thedford Exercise \$\$ Due Garden Fresh Box
4 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit 10:00 Elders Coffee	5 8:30 Forest Low Impact 6:00—9:00 Prenatal Class Forest	6 10:00 Thedford Exercise 10:00 Camlachie Exercise 12:00 Senior's Dinner	7 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social	8 9:00 Arkona Coffee Social 9:30 Forest Coffee Social 10:00 Thedford Exercise
11 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit	12 8:30 Forest Low Impact 6:00—9:00 Prenatal Class Forest	13 10:00 Warwick Coffee Social 10:00 Thedford Exercise 1:30 BMI Group 3:00 Garden Fresh Box pick up Forest	14 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social 10:00 Camlachie Exercise Garden Fresh Box pick up Watford	15 9:00 Arkona Coffee Social 9:30 Forest Coffee Social 10:00 Thedford Exercise
18 Family Day	19 8:30 Forest Low Impact 9:30 Diabetes Cooking Forest 6:00—9:00 Prenatal Class Forest	20 10:00 Thedford Exercise	21 8:30 Forest Low Impact 9:30 Watford Walking 10:00 Thedford Coffee Social 10:00 Camlachie Exercise	22 9:00 Arkona Coffee Social 9:30 Forest Coffee Social 10:00 Thedford Exercise
25 9:30 Watford Walking 10:00 Camlachie & Thedford Exercise 10:00 Walking Fit	26 8:30 Forest Low Impact	27 10:00 Warwick Coffee Social 10:00 Thedford & Camlachie Exercise	28 8:30 Forest Low Impact 9:30 Watford Walking 9:30 Diabetes Cooking Forest 10:00 Thedford Coffee Social	

# Program Descriptions

**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.