



Mon	Tue	Wed	Thu	Fri
<p>To register for program information call Rebecca (519)344-3017 Ext. 277 All programming is <b>FREE!!</b> Remember appropriate shoes for exercise!</p> <p><i>If school buses in zone 2 (Sarnia) are cancelled due to snow, program will be cancelled for that day. If unsure, check FB or call the Health Centre to check in!</i></p>				1
<p><b>Musical Zenergy</b> With Rosemary @ SEMC Gym 1:30pm-2:30pm</p>	<p><b>Chair Yoga</b> @ SEMC Gym 2:30pm-3:30pm</p>	<p><b>Harm Reduction, Marijuana and Legislation</b> @ WLCHC 1:00pm-3pm <i>*LPH Guest Speaker</i></p>		8
<p><b>Treadmill, Stationary Arm and Bike Access</b> @ Cardio Pulmonary Rehab Centre of NLCHC (enter Maxwell St. parking lot) 2:30pm-3:30pm</p>	<p><b>Cooking Class @ INN</b> of the Good Shepherd 4pm- 6pm (Register Required)</p>	<p><b>Cooking Class @ WLCHC</b> 11am -1:30 pm (Register Required)</p>	<p><i>Happy Valentine's Day</i>  Garden Fresh Pick-up 1-4pm</p>	15
<p> Family Day</p>		<p><i>LMWC cooking cancelled while they undergo an elevator repair &amp; relocation of room activities.</i></p>		22
<p><b>Treadmill, Stationary Arm and Bike Access</b> @ Cardio Pulmonary Rehab Centre of NLCHC (enter Maxwell St. parking lot) 2:30pm-3:30pm</p>		<p><b>Art &amp; Conversation</b> @ WLCHC 1:30-3:30pm (Register Required)</p>		

Inn of the Good Shephard: 115 John St. Bus Route 2 WLCHC: 429 Exmouth St. Bus Route 9 LMWC: 109 Durand St. Bus Route 9 Canatara Park Bus Route 7  
Cardio Pulmonary Rehabilitation Centre 460 Christina Street North (entrance behind building on Maxwell St parking lot side) Bus Route 9  
Sarnia Evangelical Missionary Church: 707 Talfourd St. Bus Route 2 Centennial Park: 430 Front St. N Bus Route 9 Bayside Mall 150 Christina street Bus Route 9