

Mon

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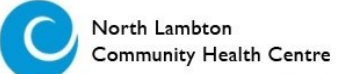


1	2	3 \$\$\$ Garden Fresh Box Orders Due
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Program descriptions on reverse side

6 	7	8 9:30am Virtual Low Impact 1:30pm Beach Walking	9	10 9:30am Forest Coffee—Esli Dodge Conservation Area
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13 9:30am Virtual Low Impact 10am Camlachie Exercise 11am Virtual Shibashi 1:30pm Virtual Chair Exercise	14 8:30 Forest Exercise 6pm Virtual Master Your Health: Chronic Pain	15 <u>1-4pm Garden Fresh Box Pick Up—North</u> 9:30am Virtual Low Impact 1:30pm Beach Walking 2:30 Virtual SOS with Joy	16 <u>1-4pm Garden Fresh Box Pick Up—West</u> 8:30 Forest Exercise	17
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20 9:30am Virtual Low Impact 10am Camlachie Exercise 10am Kettle Point Coffee—Elder’s Lodge 11am Virtual Shibashi 1:30pm Virtual Chair Exercise	21 8:30 Forest Exercise 6pm Virtual Master Your Health: Chronic Pain	22 9:30am Virtual Low Impact 10am Thedford Exercise 1:30pm Trail Walking: Forest Trail 1:30 Virtual Healthy Eating 101	23 8:30 Forest Exercise	24 9:30am Forest Coffee—Esli Dodge Conservation Area 10am Thedford Exercise
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27 9:30am Virtual Low Impact 10am Camlachie Exercise 11am Virtual Shibashi 1:30pm Virtual Chair Exercise	28 8:30 Forest Exercise 11am Virtual Yoga 6pm Virtual Master Your Health: Chronic Pain	29 9:30am Virtual Low Impact 10am Thedford Exercise 1:30pm Trail Walking: Port Franks Cut	30 8:30 Forest Exercise	  
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We now offer Online Program Registration!

Please visit <https://www.nlchc.com/services/wellness-programs/>

Be sure to specify which program you are registering for on the top of the form.

**Please note: We are very excited to offer in-person programming again!
If you are feeling unwell we ask that you stay home until the symptoms resolve.**

Breastfeeding Support: To learn more about our breastfeeding support that is virtual and free, for more info call April at 519-786-4545 ext. 307

Chair Exercise (virtual): To register, call 519-344-3017 ext. 237 or email adinell@nlchc.com

Shibashi (virtual): Mondays, 11:00am, beginning **October 20th**. Tai chi/qigong is a practice of aligning breath and movement for exercise and health. Shibashi consists of 18 simple steps. It is easy to learn and perfect for anyone. To register, call 519-344-3017 ext. 237 or email adinell@nlchc.com

Low Impact Exercise

Virtual: Mondays and Wednesdays 9am. To register, call 519-344-3017 ext. 237 or email adinell@nlchc.com

In-Person: Register at your first class.

Camlachie (Ball Diamond Outfield) Mondays, starting September 13th

Forest (Soccer Field by Tim Hortons) Tuesdays and Thursdays, starting September 14th

Theford (Legacy Centre) Wednesdays and Fridays, starting September 22nd

Master Your Health (virtual): Techniques to deal with stress, pain, depression & improve sleep, fatigue management, pain medications & treatments. Build confidence, create personal action plans, deal with everyday challenges of living with chronic pain. Light exercises to improve strength & flexibility. Tuesdays, September 14—October 26th, 6:00—8:30pm. To register visit https://myhcp_sept14.eventbrite.ca

Opening Doors: Healthy lifestyle program for individuals living with mental illness or seeking mental health support .

For information, call Rebecca at 519-344-3017 ext. 277

Pulmonary Rehab: Monday & Thursday 3pm (for existing clients at West) Tuesday 10am (for existing clients at North) For people living with Lung Disease. Learn to self manage through education and exercise. To register or for more information call Brenda at 519-786-4545 ext. 265 or Lorie at 519-491-2123 ext. 227

Beach/Trail Walking: Join us in walking Ipperwash Beach or a local trail this fall! Wednesday's 1:30pm, September and October. For information, call 519-786-4545 ext. 293

Healthy Eating 101 (virtual): Join our registered dietitian to learn about eating healthy. To register, call Rebecca at 519-786-3017 ext. 277

SOS—Start Overcoming Stress (virtual): The workshop focuses on the nature of stress, how stress impacts us and strategies to manage stress. To register, call Rebecca at 519-786-3017 ext. 277

Our programs are FREE and open to everyone!!!