



MON	TUES	WED	THURS	FRI
<h1 style="text-align: center;">September 2021</h1> <p style="text-align: center;">To register, call 519-344-3017 ext. 237</p> 		<p>1 9am Virtual Low Impact</p>	<p>2 10am In Person Sit or Stand-Canatara 3pm Pulmonary Rehab Virtual</p>	<p>3 9am In Person Low Impact-Canatara 1pm In Person Shibashi \$\$ GARDEN FRESH BOX ORDERS DUE</p>
<p>6—Closed Labour Day</p>	<p>7 9am In Person Low Impact-Centennial</p>	<p>8 9am Virtual Low Impact</p>	<p>9 10am In Person Sit or Stand-Canatara 3pm Pulmonary Rehab Virtual</p>	<p>10 9am In Person Low Impact-Canatara 1pm In Person Shibashi</p>
<p>13 9am Virtual Low Impact 10am Canatara Low Impact 1:30pm Virtual Chair Exercise 3pm Pulmonary Rehab Virtual</p>	<p>14 9am In Person Low Impact-Centennial 6-8:30pm Virtual Master Your Health Chronic Pain</p>	<p>15—Garden Fresh box pick up Forest 9am Virtual Low Impact 2:30pm SOS – Start Overcoming Stress</p>	<p>16—Garden Fresh Box pick up Sarnia 10am In Person Sit or Stand-Canatara 3pm Pulmonary Rehab Virtual</p>	<p>17 9am In Person Low Impact-Canatara 1pm In Person Shibashi</p>
<p>20 9am Virtual Low Impact 10am Canatara Low Impact 11am Virtual Shabashi 1:30pm Virtual Chair Exercise 3pm Pulmonary Rehab Virtual</p>	<p>21 9am In Person Low Impact-Centennial 6-8:30pm Virtual Master Your Health Chronic Pain</p>	<p>22 9am Virtual Low Impact 1:30pm Healthy Eating 101</p>	<p>23 10am In Person Sit or Stand-Canatara 1:30-4pm Master Your Health 3pm Pulmonary Rehab Virtual</p>	<p>24 9am In Person Low Impact-Canatara 1pm In Person Shibashi</p>
<p>27 9am Virtual Low Impact 10am Canatara Low Impact 11am Virtual Shabashi 1:30pm Virtual Chair Exercise 3pm Pulmonary Rehab Virtual</p>	<p>28 9am In Person Low Impact-Centennial 11am Virtual Seated Yoga 6:08:30pm Virtual Master Your Health Chronic Pain See program descriptions on reverse!</p>	<p>29 9am Virtual Low Impact</p>	<p>30 10am In Person Sit or Stand-Canatara 11am Virtual Yoga 1:30-4pm Master your Health 3pm Pulmonary Rehab Virtual All Programs are free and open to everyone!</p>	 <p>West Lambton Community Health Centre</p>

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.)
If you are feeling unwell, please do not attend in person classes. Screening will take place prior to every in-person class & Public Health Guidelines will be followed.

LOW IMPACT EXERCISE

Virtual - Low Impact: Monday & Wednesday 9am To register, call 519-344-3017 ext. 237 or email adinell@nlchc.com to receive the Zoom link.

In Person- Low Impact: Register at your first class.

Monday (Canatara) 10am – *new location***** Meet at the picnic pavilion adjacent to the Children's playground. Closest to the Point Edward entrance.

Tuesday (Centennial) 9am – Meet at the "flag court", beside the intersection of London Rd & Front St.

Thursday (Mooretown) 9am – Meet on the grass in front of the arena on Emma St.

Friday (Canatara) 9am- *new location***** Meet at the picnic pavilion adjacent to the Children's playground. Closest to the Point Edward entrance.

Sit or Stand: Thursdays, (Canatara) 10am. Low Impact style group exercise class with modifications to allow you to sit or stand. All fitness levels welcome
new location Meet at the picnic pavilion adjacent to the Children's playground. Closest to the Point Edward entrance.

CHAIR EXERCISE

Virtual Chair Exercise: Monday 1:30pm To register, call 519-344-3017 ext. 237 or email adinell@nlchc.com to receive the Zoom link.

YOGA

Yoga: Virtual - Tuesdays 11am September 30-November 4. To register, call 519-344-3017 ext.237 or email adinell@nlchc.com to receive the Zoom link.

Seated Yoga: Virtual - Thursdays 11am September 28-November 2 To register, call 519-344-3017 ext.237 or email adinell@nlchc.com to receive the Zoom link.

SHIBASHI- 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 beginners.

Virtual Shibashi: Monday 11am ,beginning Oct 20th To register call 519-344-3017 ext. 237 or email adinell@nlchc.com to receive the Zoom link.

In Person Shibashi: *new time*** Friday (Canatara) 1 pm – ***new location***** Meet at the picnic pavilion adjacent to the Children's playground. Closest to the Point Edward entrance.

Opening Doors: Healthy lifestyle program for individuals living with mental illness or seeking mental health support. **For information, 519-344-3017 Ext. 277.**

Pulmonary Rehab: Monday & Thursday 3pm 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

Master Your Health Chronic Pain: 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 14th-October 26th, 6:00pm-8:30pm via Zoom. To register visit https://myhcc_sept14.eventbrite.ca/

Master Your Health Chronic Condition: Increase self confidence & ability to manage your chronic conditions and stress, positive thinking, guided imagery, relaxation techniques, better breathing, manage pain, fatigue, difficult emotions, symptoms and daily activities. Healthy eating, exercising safely and feeling better, communicating with your healthcare team and making new friends. **Thursdays – September 23rd-November 4th 9:30am-12pm via Zoom. To register visit https://myhcc_sept23.eventbrite.ca/**

S.O.S. – Start Overcoming Stress: Virtual September 15, 2021 2:30pm. The workshop focuses on the nature of stress, how stress impacts us and strategies to manage stress. To register, call Rebecca at 519-344-307 ext. 277

Health Eating 101: Virtual September 22, 2021 1:30pm. With RD Lynne. To register call Rebecca at 519-344-3017

Breastfeeding Support: To learn more about our breastfeeding support that is virtual and free, please contact **April at 519-786-4545 or ageorge@nlchc.com for more info.**