





Opening Doors October 2021

Mon	Tue	Wed	Thu	Fri
4 Virtual Seated Chair Exercise On Zoom 1:30pm	5 Virtual Seated Chair Yoga With Jennifer! On Zoom 11am	6 Exercise equip use @ CPRC Sarnia 3-4pm	7 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:00pm	8 
11 Thanksgiving 	12 Virtual Seated Chair Yoga With Jennifer! On Zoom 11am	13 Virtual Cooking On ZOOM 1:30-3:00pm	14 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:00pm	15
18 Glass Half Full Presentation Strategies towards living a life of optimism On Zoom 2:30pm	19 Virtual Seated Chair Yoga With Jennifer! On Zoom 11am	20 Low Sodium Diet Basics Workshop On Zoom 1:30pm Forest garden fresh pick-up 3-4pm	21 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:00pm Sarnia garden fresh pick-up 130pm-4pm	22
25 Virtual Seated Chair Exercise On Zoom 1:30pm	26 Virtual Seated Chair Yoga With Jennifer! On Zoom 11am	27 Doodle Time On Zoom 1:30pm *Must Register	28 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:00pm	29
 North Lambton Community Health Centre	<p>To register or for program information call Rebecca (519)786-4545 Ext. 279 OR (519)344-3017 Ext. 277 OR email reveraert@nlchc.com All programming is FREE! You MUST register for all indoor and virtual programming. 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.</p>			
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