


MON	TUES	WED	THURS	FRI
<h1 style="text-align: center;">December 2021</h1> <p style="text-align: center;">Call Health Promotion at <u>519-344-3017 x. 237</u></p> <p style="text-align: center;">All programs are free and open to everyone!</p>		<p>1 9am Virtual Low Impact 9:30am– 12pm- Virtual Master Your Health Chronic Pain</p>	<p>2 9am Virtual Low Impact 930am In Person Low Impact 9am In Person Low Impact Mooretown 10am In Person Shibashi Mooretown 11am Virtual Yoga 3pm Virtual Pulmonary Rehab 6pm Virtual Night Light</p>	<p>3 9am Virtual Low Impact 11am In person Shibashi</p> <p style="text-align: center;">Garden Fresh Box Orders Due</p>
<p>6 9am Virtual Low Impact 1:30pm Virtual Chair Exercise 3pm Virtual Pulmonary Rehab (existing clients)</p>	<p>7 930am In Person Low Impact 11am Virtual Seated Yoga</p>	<p>8 9am Virtual Low Impact 9:30am– 12pm- Virtual Master Your Health Chronic Pain</p>	<p>9 9am Virtual Low Impact 930am In Person Low Impact 9am In Person Low Impact Mooretown 10am In Person Shibashi Mooretown 11am Virtual Yoga 3pm Virtual Pulmonary Rehab 6pm Virtual Night Light</p>	<p>10 9am Virtual Low Impact 11am In person Shibashi</p>
<p>13 9am Virtual Low Impact 1:30pm Virtual Chair Exercise 2:30pm Virtual Managing Stress 3pm Virtual Pulmonary Rehab (existing clients)</p>	<p>14 930am In Person Low Impact 11am Virtual Seated Yoga</p>	<p>15 North—Garden Fresh Box Order Pick Up 9am Virtual Low Impact 9:30am– 12pm- Virtual Master Your Health Chronic Pain</p>	<p>16 West—Garden Fresh Box Order Pick Up 9am Virtual Low Impact 930am In Person Low Impact 9am In Person Low Impact Mooretown 10am In Person Shibashi Mooretown 11am Virtual Yoga 3pm Virtual Pulmonary Rehab</p>	<p>17 9am Virtual Low Impact 11am In person Shibashi</p>
<p>20 Happy Holidays!</p>	<p>21 Happy Holidays!</p>	<p>22 Happy Holidays!</p>	<p>23 Happy Holidays!</p>	<p>24 Happy Holidays! *Center closes at 3pm</p>
<p>27—Closed Christmas Day</p>	<p>28—Closed Boxing Day See program descriptions on reverse!</p>	<p>29 Happy Holidays!</p>	<p>30 Happy Holidays! </p>	<p>31 Happy Holidays! *Center closes at 3pm</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.](#)

Please note, our holiday break from programming will begin Monday December 20th, classes resuming January 3rd, 2022

LOW IMPACT EXERCISE

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

In Person—Indoor Low Impact: ** proof of vaccination will be required & capacity rules will be followed . **Call to reserve your spot****

Tuesday & Thursday 9:30am—Sarnia Evangelical Missionary Church 707 Talfourd St Sarnia (corner of Talfourd & East)

To register call 519-344-3017 ext. 237 or email adinell@nlchc.com

Mooretown Exercise: **proof of vaccination required & capacity rules will be followed ** **Call to reserve your spot****

1166 Emily St Mooretown Sports Complex

Thursday Low Impact 9am To register call 519-344-3017 ext. 237 or email adinell@nlchc.com

Thursday Shibashi 10am To register call 519-344-3017 ext. 237 or email adinell@nlchc.com

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

Seated Yoga (virtual): Tuesdays– 11am, November 2-December 14. For more information call 519-344-3017 ext 237 or adinell@nlchc.com .

Yoga (virtual): Thursdays- 11am, November 4-December 16 (no class November 11). To register, call 519-344-3017 ext. 237 or email adinell@nlchc.com to receive the Zoom link.

SHIBASHI **proof of vaccination required & capacity rules will be followed ** **Call to reserve your spot****

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.

In person: Friday 11am To register call 519-344-3017 ext. 237 or email adinell@nlchc.com to receive the Zoom link.

All Saints Anglican Church, 248 Vidal St. N. To register call 519-344-3017 ext. 237 or email adinell@nlchc.com

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

Night Light: Virtual Thursdays October 21st—December 9th 6pm-7:30pm Finding Hope and Wellness while managing mental illness. **To register call 519-344-3017 ext. 223**

*taking registrations for January 2022 program.

Virtual Pulmonary Rehab (existing clients): 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. 22

Virtual Pulmonary Rehab (new clients): Tuesday & Thursday 1-3pm (New client session begins Tuesday October 5th for 6 weeks.) 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. **Wednesdays– November 3rd– December 15th, 9:30am—12pm via Zoom. To register visit https://myhcp_nov3.eventbrite.ca/**

Virtual Managing Holiday Stress: Learn how to manage stress around the holidays with Joy Vascotto, Registered Social Worker. **Monday December 13 at 2:30pm.**

To register please contact 519-344-3017 Ext. 277