

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>NEW YEARS STAT CLOSED</p>				Garden Fresh Box orders Due!
Reminder: Majority of Health Promotion Programs will end on Dec 15th and resume January 8th				
8	9	10	11	12
9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC)	9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 2pm Living Well with Adult ADHD	9:30am Low Impact (Mooretown) 6:00pm Cooking Buddies (Sarnia)	9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden)	9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Sarnia)
15	16	17	Garden Fresh Box Pick Up! 18	19
9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC) 2:30pm New Years, Goals that Stick Workshop (Virtual)	9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 2pm Living Well with Adult ADHD	9:30am Low Impact (Mooretown) 1:30pm Infant Feeding Class (Virtual)	9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden)	9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Sarnia)
22	23	24	25	26
9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC)	9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 12pm BMI Class— Protein 101 (Virtual) 2pm Living Well with Adult ADHD	9:30am Low Impact (Mooretown) 1:30-3:30pm Mindful Eating Program (Virtual)	9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am NO Coffee Time (Brigden) 6:00pm Cooking Buddies (Corunna)	10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Sarnia)
29	30	31	<div>   </div> <div> Events are free to all! See back for more info or call Health Promotion at 519-344-3017 X 259 </div> <div>   </div>	
9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC) 6:00pm Cooking Buddies (Brigden)	9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 2pm Living Well with Adult ADHD	9:30am Low Impact (Mooretown) 1:30-3:30pm Mindful Eating Program (Virtual)		

We Now Offer Online Program Registration!!
Please visit <https://www.nlhc.com/services/wellness-programs/>
(Be sure to specify which program you are registering for on the top of the form.)

In Person Programs

Coffee Time Social Drop-in: Join us for coffee and conversation, free of charge! Anyone is welcome to attend! To register, call 519-344-3017 ext. 237 or email reveraert@nlhc.com

- **Brigden:** Thursdays at 10:45am (@ Brigden Optimist Hall—3016-1 Brigden Rd, Brigden). Donation's for the Optimist Hall are accepted but not required.

- **Sarnia:** Fridays at 10:45am (**@ West Lambton CHC**) . Please do NOT arrive prior to 10:45am as we have other programming happening and the Coffee Time volunteers need adequate time to set up.

Cooking Buddies: Children's cooking classes for ages between 6-12 years old. The class will focus on learning to read recipe cards, measure ingredients, try new foods, and to have fun! Classes will run monthly. **CLASSES ARE FULL AT THIS TIME!** Locations: Jan 10th @ 6-7:30pm (Sarnia—429 Exmouth St. Sarnia), Jan 23rd @ 6-7:30pm (Forest—59 King St. Forest), Jan 25th @ 6-7:30p.m. (Corunna-St.Joseph's Church, 346 Beresford St) and Jan 29th @ 6-7:30pm (Brigden—2435 Courtright Line. Brigden).

Drum Fit: DrumFit's Music, Motion & memory Program encourages participants to socialize and move together for brain and body health. **Starts January 11th, every Thursday at 9:30-10:30am. (@ Oakdale YMCA—60 Oakdale Ave. Sarnia).** To register, please call 519-344-3017 ext. 237 or email reveraert@nlhc.com

Garden Fresh Box: The Garden Fresh Box is an inexpensive monthly food buying club for anyone who wants fresh vegetables and fruit all year round. For info, call 519-344-3017 ext. 237 or email reveraert@nlhc.com Orders are accepted in person with payment. Cash ONLY

Line Dancing: Mondays January 8th – February 12th @ 1:30pm. Emmanuel Presbyterian Church—120 Russel St S. (formerly Paterson Memorial). Everyone is welcome, space is limited! To register, please call 519-344-3017 ext. 237 or email reveraert@nlhc.com

Living Well with Adult ADHD: Tuesdays January 9th—February 20th @ 2:00-4:00pm (**@ West Lambton CHC**). Do you struggle with concentration, forgetfulness, impulsive behavior? Were you diagnosed with ADHD as a child or adult? Or suspect you may experience ADHD? This group may be for you. To register, call 519-344-3017 ext. 237 or email reveraert@nlhc.com

Low Impact Exercise: Low impact exercises performed using body weight and resistance bands. All abilities welcome. To register, call 519-344-3017 ext. 237 or email reveraert@nlhc.com

- **Brigden Low Impact:** Tuesdays and Thursdays 9:30 am (@ Brigden Fair Grounds, 2976 Brigden Rd, Brigden)

- **Mooretown Low Impact:** Wednesdays 9:30am (@ Mooretown Sports Complex, 1166 Emily St)

- **Sarnia Low Impact (LHCRC):** Mondays & Fridays 9:30 am (@ Living Hope Christian Reformed Church-1281 Exmouth St) ****NO CLASS ON THE LAST FRIDAY OF EACH MONTH****

- **Sarnia Low Impact (SEMC):** Tuesday & Thursday 9:30 am (@ Samia Evangelical Missionary Church—707 Talford St)

Meditation: Monday's from 10-11am (**@ West Lambton CHC**) Increase self esteem, improve concentration, lower blood pressure, reduce stress & anxiety, emotional balance. To register, call 519-344-3017 ext. 237 or email reveraert@nlhc.com ****NEW DAY!**

Virtual Programs

Body & Mind Inspired Class: January 23rd (Zoom) @ 12:00-1:00p.m This BMI group is health and wellness support group that is led by 2 registered Dietitians focusing on nutrition. This program is offered bi-monthly. This month's focus is on Protein 101. To register, call 519-786-4545 ext. 302 or email bvanbree@nlhc.com

Eat Well. Live Healthy Wellness Workshop: Virtual discussion with our Registered Dietitian to discuss about healthy eating, nutrition tools, resources and more! For more information about dates/time and to register, call 519-786- 4545 ext. 307.

Heart Healthy Living: Virtual discussion with our Registered Dietitian to discuss about types of cholesterol, heart smart diet and healthy heart lifestyle habits. For more information about dates/time and to register, call 519-786- 4545 ext. 307.

Infant Feeding Class: January 17th @ 1:30-3p.m. Learn about up to date guidelines, how to progress texture modifications, baby led weaning, healthy meal and snack ideas and much more! To register call 519-786-4545 ext. 307.

Mindful Eating Program: This is a four week program that runs Jan 24th, Jan 31st, Feb 7th and Feb 21st. @ 1:30-3:30pm. Learn how to practice mindful eating and become more in tune with your body's natural hunger response. To register, call 519-786-4545 ext. 307.

New Years. Goals that Stick: January 15th @ 2:30pm. Join is to learn tips and tricks to ensure you stick to your goals for 2024! To register, call 519-344-3017 ext. 277 or email mhyatt@nlhc.com

Shibashi/Sit or Stand Combo: Fridays @ 10:15am—75 min class. A combination of movements used in Shibashi and Sit or Stand classes. Shibashi is—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. Sit or Stand is performed with the options of either standing or seated in a chair. Resistance bands are used. All exercise abilities are welcome. To register, call 519-344-3017 ext. 237 or email reveraert@nlhc.com

Sit or Stand: Tuesdays @ 10:15am—60mins. This exercise is performed with the options of either standing or seated in a chair. Resistance bands are used. All exercise abilities are welcome. To register, call 519-344-3017 ext. 237 or email reveraert@nlhc.com

Connect with us on our social media pages for all updated information regarding our programs/events!



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