

Monday

Tuesday

Wednesday

Thursday

Friday



# February '24

Events are free to all! See back for more info or call Health Promotion at 519-786-4545 X 235

<p>5</p> <p>9:30am Low Impact (Thedford) 10am Coffee Time (Kettle Point) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)</p>	<p>6</p> <p>8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)</p>	<p>7</p> <p>9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 1:30-3:30pm Mindful Eating Program (Virtual) 6:00pm Cooking Buddies (Samia)</p>	<p>8</p> <p>8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)</p>	<p>9</p> <p>9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)</p>
<p>12</p> <p>9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 2:30pm Conquer Anxiety Workshop (Virtual)</p>	<p>13</p> <p>8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 1:30pm Heart Health (Watford)</p>	<p>14</p> <p>9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)</p> 	<p>15</p> <p>8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)</p>	<p>16</p> <p>9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)</p>
<p>19</p> <p><b>FAMILY DAY— CLOSED</b></p>	<p>20</p> <p>8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 6:00pm Cooking Buddies (Forest)</p>	<p>21</p> <p><b>Garden Fresh Box Pick Up! (Forest)</b></p> <p>9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 10am Men's Cooking Class (Forest) 1:30pm Feeding Your Toddler (Virtual) 1:30pm Low Impact (Forest Legion) 1:30-3:30pm Mindful Eating Program (Virtual)</p>	<p>22</p> <p><b>Garden Fresh Box Pick Up! (Watford)</b></p> <p>8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)</p>	<p>23</p> <p>9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)</p>
<p>26</p> <p>9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 6:00pm Cooking Buddies (Brigden)</p>	<p>27</p> <p>8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 1pm Heart Health (Thedford) 1pm Men's Cooking Class (Kettle Point)</p>	<p>28</p> <p>9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)</p>	<p>29</p> <p>8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford) 1:30pm Heart Health (Alvinston) 6:00pm Cooking Buddies (Corunna)</p>	



# 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:** Scheduled meeting places for anyone interested in coffee and socializing.

- **Arkona:** Fridays at 9:00am ( @ Orchard View Apartments—7294 Arkona Rd)
- **Forest NLCHC:** Fridays at 9:30am ( @ NLCHC-downstairs in Crozier Hall—59 King St. Forest)
- **Kettle Point:** First and third Mondays at 10am ( @ Kettle Point Elders Lodge—9260 Lake Road, Kettle & Stony Point First Nation)

**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: Feb 7th @ 6-7:30pm (Sarnia—429 Exmouth St. Sarnia), Feb 20th @ 6-7:30pm (Forest—59 King St. Forest), Feb 29th @ 6-7:30p.m. (Corunna-St.Joseph's Church, 346 Beresford St) and Feb 26th @ 6-7:30pm (Brigden—2435 Courtright Line. Brigden).

**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 more information, call 519-786-4545 ext. 235

**Heart Health:** Join us for monthly health sessions at various locations in Lambton- County. This month's topic is Heart Health. Register through your local library to sign up. Locations: Feb 13th @ 1:30-2:30pm (Watford- 5317 Nauvoo Rd. Watford), Feb 27th @ 1-2pm (Thedford- 16 Aleen St. Thedford). Feb 29th @ 1:30-2:30pm (Alvinston—3251 River St. Alvinston).

**Low Impact Exercise:** Low impact exercises performed using body weight and resistance bands. All abilities welcome. To register call 519-786-4545 ext. 235 or email ktieman@nlhc.com

- **Forest Low Impact:** Tuesdays & Thursdays at 8:30am ( @ The Shores Rec Centre gymnasium—7883 Amtelecom Parkway, Forest ) and Mondays and Wednesdays from 1:30-2:30pm ( @ Forest Legion—58 Albert St, Forest)
- **Camlachie Low Impact:** Mondays, Wednesdays and Thursdays at 10am ( @ Camlachie Community Centre—6767 Camlachie Rd)
- **Thedford Low Impact:** Mondays, Wednesdays and Fridays at 9:30am ( @ Thedford Legacy Centre—16 Allen St, Thedford)
- **Watford Chair Exercise:** Tuesdays and Thursdays at 10-11am ( @ Watford Legion—5275 Nauvoo Rd, Watford.) This exercise class is low impact chair exercise that will be in group setting in person with having online fitness instructor leading the class. \*NEW!!

**Men's Cooking Class:** February 21st at 10:00-12:00p.m ( @ NLCHC—59 King St. Forest) and February 27th at 1:00-3p.m ( @ Carol room at KP Health Services—6265 Indian Lane, Kettle and Stony Point.). **CLASSES ARE FULL AT FOREST LOCATION AT THIS TIME!** Lets build on our cooking skills with basic healthy cooking and learn new recipes. We will prep, cook a meal and then enjoy it together. Registration is required. Contact Nicole at 519 786 4545 ext. 327 or email nlougheed@nlhc.com

## Virtual Programs

**Conquering Anxiety Workshop:** February 12th @ 2:30pm. Join us to learn practical strategies for managing anxiety. To register, call 519-344-3017 ext. 277 or email mhyatt@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.

**Feeding Your Toddler:** February 21st @ 1:30-3p.m. Toddlers can be a challenge. Learn how to support your picky eater and get healthy snack and meal ideas. To register, email EarlyON@nlchildcare.ca

**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.

**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.

**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—60min class. 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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