

Monday

Tuesday

Wednesday

Thursday

Friday



February '24

Events are free to all! See back for more info or call Health Promotion at 519-344-3017 X 259

<p>5</p> <p>9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC)</p>	<p>6</p> <p>9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 2pm Living Well with Adult ADHD</p>	<p>7</p> <p>9:30am Low Impact (Mooretown) 1:30-3:30pm Mindful Eating Program (Virtual) 6:00pm Cooking Buddies (Samia)</p>	<p>8</p> <p>9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden)</p>	<p>9</p> <p>Garden Fresh Box Orders Due! 9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Samia)</p>
<p>12</p> <p>9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC) 2:30pm Conquering Anxiety Workshop (Zoom)</p>	<p>13</p> <p>9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 1:30pm Hearth Health (Watford) 2pm Living Well with Adult ADHD</p>	<p>14</p> <p>9:30am Low Impact (Mooretown) 1:30-3pm Feeding Your Toddler</p> 	<p>15</p> <p>9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden)</p>	<p>16</p> <p>9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Samia)</p>
<p>19</p> <p>FAMILY DAY — CLOSED</p>	<p>20</p> <p>9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 2pm Living Well with Adult ADHD 6:00pm Cooking Buddies (Forest)</p>	<p>21</p> <p>9:30am Low Impact (Mooretown) 1:30-3pm Feeding Your Toddler 1:30-3:30pm Mindful Eating Program (Virtual)</p>	<p>22</p> <p>Garden Fresh Box Pick Up! 9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden)</p>	<p>23</p> <p>9:30am NO Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Samia)</p>
<p>26</p> <p>9:30am Low Impact (Living Hope) 10am Meditation 6:00pm Cooking Buddies (Brigden)</p>	<p>27</p> <p>9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 1pm Heart Health (Thedford)</p>	<p>28</p> <p>9:30am Low Impact (Mooretown)</p>	<p>29</p> <p>9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden) 1:30pm Heart Health (Alvinston) 6:00pm Cooking Buddies (Corunna)</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.)

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@nlchc.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: 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).

Drum Fit: Drum Fit'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@nlchc.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@nlchc.com Orders are accepted in person with payment. Cash ONLY

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).

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@nlchc.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@nlchc.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@nlchc.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 reverert@nlchc.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@nlchc.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@nlchc.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@nlchc.com

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



@westlambtoncommunityhealthcentre



@northlambtonchc



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