

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30am NO Low Impact (Living Hope) 10am Meditation	2 9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual)	3 9:30am Low Impact (Mooretown) 10:30am Yoga Fitness Fusion (Virtual) 6:00pm Cooking Buddies (Samia)	4 9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden) 6pm Anger Management	5 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)
8 9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC)	9 9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 1:30pm Age Well at Home (Watford)	10 9:30am Low Impact (Mooretown) 10:30am Yoga Fitness Fusion (Virtual)	11 9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden) 6pm Anger Management	12 9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am NO Coffee Time (Samia)
15 9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC) 2:30pm Advanced Care Planning (Virtual)	16 9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual)	17 9:30am Low Impact (Mooretown) 1:30pm Toddler Feeding Class (Virtual)	Garden Fresh Box Pick Up! 18 9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden) 6pm Anger Management	19 9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Samia)
22 9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC)	23 9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 6:00pm Cooking Buddies (Forest)	24 9:30am Low Impact (Mooretown) 5pm Cooking Class for Adults Trans Support 18+	25 9:30am Drum Fit (Oakdale YMCA) 9:30am Low Impact (Brigden) 9:30am Low Impact (SEMC) 10:45am Coffee Time (Brigden) 1:30pm Age Well at Home (Alvinston) 6:00pm Cooking Buddies (Corunna)	26 9:30am NO Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Samia)
29 9:30am Low Impact (Living Hope) 10am Meditation 1:30pm Line Dancing (EPC) 6:00pm Cooking Buddies (Brigden)	30 9:30am Low Impact (SEMC) 9:30am Low Impact (Brigden) 10:15am Sit or Stand (Virtual) 1pm Age Well at Home (Thedford)	 <h1>April '24</h1> 		

Events are free to all! See back for more info or call Health Promotion at 519-344-3017 X259

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

Age Well at Home: Join us for monthly health sessions at various locations in Lambton– County. Register through your local library to sign up. **Locations:** April 9th @ 1:30-2:30pm (Watford– 5317 Nauvoo Rd. Watford), April 30th @ 1-2pm (Thedford– 16 Allen St. Thedford), April 25th @ 1:30-2:30pm (Alvinston—3251 River St. Alvinston).

Anger Management: Identify your anger triggers, patterns, and practice positive & effective anger management skills. **Starts March 7-April 18, 2024 at 6-7:30pm. (@ West Lambton CHC).** To register, call 519-344-3017. ext. 237 or email reveraert@nlchc.com

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 United Church—2420 Jane Street, Brigden). We will be meeting in the lower hall. The church has an elevator, so is accessible for all. ****NEW LOCATION**

- **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:** April 3rd @ 6-7:30pm (Sarnia—429 Exmouth St. Sarnia), April 23rd @ 6-7:30pm (Forest—59 King St. Forest), April 25th @ 6-7:30p.m. (Corunna-St.Joseph's Church, 346 Beresford St) and April 29th 6-7:30pm (Brigden—2435 Courtright Line. Brigden).

Cooking Classes for Adult Trans Support (18+): April 24th from 5:00-7:00p.m (@ West Lambton CHC). This is a monthly cooking class for adults that is in partnership with DiversityED. Space is limited. To register, go to www.nlchc.com.

Drum Fit: Drum Fit's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. **Starts March 7th-April 25th 2024, 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 program 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

Line Dancing: Mondays April 8th – May 13th @ 1:30pm. Emmanuel Presbyterian Church—120 Russell 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

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 reveraert@nlchc.com

Virtual Programs

Advanced Care Planning Workshop: April 15th @ 2:30p.m. Prepare yourself and your loved ones by creating and Advanced Care Plan that works for you. 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 Class: April 17th @ 1:30-3p.m. Toddler feeding 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.

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

Virtual Yoga Fusion: March 6th—April 10th for 6wks (Zoom) @ 10:30-11:30am. Yoga Fitness Fusion combines yoga postures, breath work and fitness repetitions to tone and strengthen the body. We calm the nervous system through breath and intention while focusing on connection to the earth and elements. Feel nourished, connected and renewed in this gentle practice. To register and receive the Zoom link, 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!



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