

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>May '24</h1> 		1	2	Garden Fresh Box Orders Due! 3
		9:30am Low Impact (Centennial Park) 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)	
6	7	8	9	10
9:30am Low Impact (Canatara) 10am Meditation 1:30pm Line Dancing (EPC)	9:30am Low Impact (SEMC) 10:15am Sit or Stand (Virtual)		9:30am Low Impact (Centennial Park) 10:45am NO Coffee Time (Brigden)	9:30am Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am NO Coffee Time (Sarnia)
13	14	15	Garden Fresh Box Pick Up! 16	17
9:30am Low Impact (Canatara) 10am Meditation 1:30pm Line Dancing (EPC) 2:30pm Manage Your Mood (Workshop)	9:30am Low Impact (SEMC) 10:15am Sit or Stand (Virtual) 1:30pm Anxiety Health Session (Watford)	1:30pm Feeding Your Infant (Virtual)	9:30am Low Impact (Centennial Park) 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)
20	21	22	23	24
VICTORIA DAY— CLOSED 	9:30am Low Impact (SEMC) 10:15am Sit or Stand (Virtual)	9:30am Indoor Yoga (Camlachie) 5pm Cooking Class for Adults Trans Support 18+	9:30am Low Impact (Centennial Park) 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)
27	28	29	30	31
9:30am Low Impact (Canatara) 10am Meditation	9:30am Low Impact (SEMC) 10:15am Sit or Stand (Virtual) 12pm BMI Class— All about Coffee (Virtual) 1pm Anxiety Health Session (Thedford)	9:30am Indoor Yoga (Camlachie)	9:30am Low Impact (Centennial Park) 10:45am Coffee Time (Brigden) 1:30pm Anxiety Health Session (Alvinston)	9:30am NO Low Impact (Living Hope) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual) 10:45am Coffee Time (Sarnia)

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

Anxiety Health Session: Join us for monthly health sessions at various locations in Lambton– County. Register through your local library to sign up. **Locations: May 14th @ 1:30-2:30pm (Wattford– 5317 Nauvoo Rd. Wattford), May 28th @ 1-2pm (Thedford– 16 Allen St. Thedford), May 30th @ 1:30-2:30pm (Alvinston—3251 River St. Alvinston).**

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 Classes for Adult Trans Support (18+): May 22nd 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.

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

Indoor Yoga: Starts May 22nd - June 19th for 5wks (@ Camlachie Community Centre) from 9:30-10:30am. All levels welcomed. Please bring a yoga mat is able too. Some mats will be available to use if you don't have one. To register, call Kandis at 519-786-4545 ext. 235.

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

- **Sarnia Low Impact (Canatara Park):** Mondays at 9:30am (meet at the pavilion closest to water/bandstand).
- **Sarnia Low Impact (Centennial Park):** Thursdays at 9:30am (meet at the flag court at London Rd. & Front St. intersection lights).
- **Sarnia Low Impact (LHCRC):** Fridays at 9:30 am (@ Living Hope Christian Reformed Church-1281 Exmouth St) ****NO CLASS ON THE LAST FRIDAY OF EACH MONTH**
- **Sarnia Low Impact (SEMC):** Tuesdays at 9:30 am (@ Sarnia 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

Body & Mind Inspired Class: May 28th (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 all about coffee. To register, call 519-786-4545 ext. 302 or email vbanbree@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 Infant Class: May 15th @ 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, 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.

Managing Your Mood Workshop: May 13th @ 2:30p.m. Ever wonder why you experience emotions? Join us to learn how to identify your emotions and their purpose. To register, call 519-344-3017 ext. 277 or email mhy-att@nlchc.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@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



www.nlchc.com