

# Monday

# Tuesday

# Wednesday

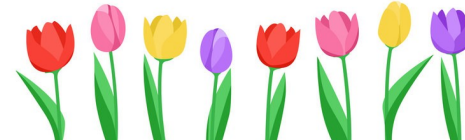
# Thursday

# Friday



## April '23

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



<p>3</p> <p>9:30am <b>LHCRC</b> Low Impact</p> <p>10am Meditation</p> <p>1:30pm <b>Virtual</b> Sit or Stand Exercise</p>	<p>4</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>9:30AM <b>Brigden</b> Low Impact</p> <p>11:00am <b>Virtual</b> Shibashi</p> <p>1:30pm <b>Virtual</b> Dietitian Visit—Feeding Your Toddler</p>	<p>5</p> <p>9am <b>Virtual</b> Low Impact</p>	<p>6</p> <p><b>Garden Fresh Box Orders Due!</b></p> <p>9:30am <b>Mooretown</b> Low Impact</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>11am <b>Virtual</b> Yoga Fusion</p> <p>6pm Anger Management</p>	<p>7</p> <p><b>GOOD FRIDAY</b></p> <p><b>CLOSED</b></p> 
<p>10</p> <p><b>EASTER MONDAY</b></p> <p><b>NO CLASSES</b></p>	<p>11</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>9:30AM <b>Brigden</b> Low Impact</p> <p>11:00am <b>Virtual</b> Shibashi</p>	<p>12</p> <p>9am <b>Virtual</b> Low Impact</p> <p>2pm Boosting Balance &amp; Bone Health</p>	<p>13</p> <p>9:30am <b>Mooretown</b> Low Impact</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>11am <b>Virtual</b> Yoga Fusion</p> <p>1:30pm <b>Virtual</b> Heart Health Session</p> <p>6pm Anger Management</p>	<p>14</p> <p>9am <b>Virtual</b> Low Impact</p> <p>9:30am <b>LHCRC</b> Low Impact</p> <p>10:30a.m Coffee Time</p>
<p>17</p> <p>9:30am <b>LHCRC</b> Low Impact</p> <p>10am Meditation</p> <p>1:30pm <b>Virtual</b> Sit or Stand Exercise</p> <p>2:30pm <b>Virtual</b> Caregiver Support Workshop</p>	<p>18</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>9:30AM <b>Brigden</b> Low Impact</p> <p>11:00am <b>Virtual</b> Shibashi</p> <p>1:30pm Young Parent Prenatal</p>	<p>19</p> <p>9am <b>Virtual</b> Low Impact</p> <p>2pm Boosting Balance &amp; Bone Health</p>	<p>20</p> <p><b>Garden Fresh Box Pick Up!</b></p> <p>9:30am <b>Mooretown</b> Low Impact</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>11am <b>Virtual</b> Yoga Fusion</p> <p>6pm Anger Management</p>	<p>21</p> <p>9am <b>Virtual</b> Low Impact</p> <p>9:30am <b>LHCRC</b> Low Impact</p> <p>10:30a.m Coffee Time</p>
<p>24</p> <p>9:30am <b>LHCRC</b> Low Impact</p> <p>10am Meditation</p> <p>1:30pm <b>Virtual</b> Sit or Stand Exercise</p> <p>6pm <b>Brigden</b> Cooking Buddies</p>	<p>25</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>9:30AM <b>Brigden</b> Low Impact</p> <p>11:00am <b>Virtual</b> Shibashi</p> <p>1:30pm Young Parent Prenatal</p> <p>6:00pm <b>Forest</b> Cooking Buddies</p>	<p>26</p> <p>9am <b>Virtual</b> Low Impact</p> <p>1:30-3pm <b>Virtual</b> Baby Food Making Class</p> <p>2pm Boosting Balance &amp; Bone Health</p>	<p>27</p> <p>9:30am <b>Mooretown</b> Low Impact</p> <p>9:30am <b>SEMC</b> Low Impact</p> <p>11am <b>Virtual</b> Yoga Fusion</p> <p>6pm Anger Management</p> <p>6pm <b>Corunna</b> Cooking Buddies</p>	<p>28</p> <p>9am <b>Virtual</b> Low Impact</p> <p><b>9:30am No LHCRC Low Impact Class</b></p> <p>10:30a.m Coffee Time-Guest Speaker (presentation about elder abuse)</p> <p>1:00p.m <b>Sarnia</b> Cooking Buddies</p>

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



@westlambtoncommunityhealthcentre



@northlambtonchc



www.nlchc.com

## 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.)

Please note the appropriate contact info for program registration listed beside each program.

**In Person-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 [adinell@nlchc.com](mailto:adinell@nlchc.com)

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

**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 (@ Sarnia Evangelical Missionary Church—707 Talford St)

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

**Virtual Exercise:** To register, call 519-344-3017 ext. 237 or email [adinell@nlchc.com](mailto:adinell@nlchc.com) to register and/or receive the Zoom link. **Last virtual exercise class will be Friday April 28<sup>th</sup> as we shift into our Spring programming. Watch for the new schedule in May!**

**Virtual Low Impact Exercise:** Wednesdays & Fridays (Zoom) @ 9am. Low impact exercises performed using body weight and resistance bands. All abilities welcome.

**Virtual Shibashi:** Tuesdays, (Zoom) @ 11a.m. 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.

**Virtual Sit or Stand Exercise:** Mondays (Zoom) @1:30pm. Virtual Chair Exercise: No impact exercise performed standing or seated in a chair, resistance bands are used. All exercise abilities are welcome.

**Virtual Yoga Fusion:** March 30th to May 4th—for 6wks (Zoom) @ 11am. 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.

**Anger Management:** Starting March 23rd—May 11th. Every Thursday night from 6:00-7:30p.m. Identify your anger triggers, patterns, and practice positive & effective anger management skills. To be added to the waitlist, call 519-344-3017 ext. 237 or email [adinell@nlchc.com](mailto:adinell@nlchc.com)

**Boosting Balance & Bone Health:** Wednesdays—2:00-4:00p.m Starts April 12th– May 10th. (@460 Christina St N, Sarnia) Five week exercise and education program run by Occupational Therapist designed to improve balance and strength. To register please call 519-344-3017 ext. 274.

**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 24th (Brigden), April 25th (Forest), April 27th (Forest) and April 28th (Sarnia).

**Coffee Time:** Fridays from 10:30-11:30am (@ Cardiac Rehab Site-460 Christin St N. Parking at the back of the building, off of Maxwell). Join us for coffee and conversation, free of charge! Anyone is welcome to attend! On April 28th, we will have a guest speaker from Sarnia-Lambton Elder Abuse Awareness Network talking about elder abuse. To register, call 519-344-3017 ext. 259 or email [cdougan@nlchc.com](mailto:cdougan@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 [adinell@nlchc.com](mailto:adinell@nlchc.com). Orders are accepted in person with payment. Cash ONLY.

**Meditation:** Mondays 10am-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 [adinell@nlchc.com](mailto:adinell@nlchc.com)

**Opening Doors:** Healthy lifestyle program for individuals living with mental illness or seeking mental health support. For information, 519-344-3017 Ext. 277.

**Virtual Baby Food Making Class:** April 26th @ 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.

**Virtual Caregiver Support Workshop:** April 17th @ 2:30p.m. As a caregiver, you are well versed in what others need. Learn about tools and resources to help you take care of you. To register, call 519-344-3017 ext. 277 or email [reveraert@nlchc.com](mailto:reveraert@nlchc.com)

**Virtual Dietitian Visit - Feeding Your Toddler:** April 4th @ 1:30-3:30pm. Learn ways to support your toddler's picky eating by getting tips and ideas for healthy snacks & meals advice from our Registered Dietitians. To register, email [EarlyON@nlchildcare.ca](mailto:EarlyON@nlchildcare.ca)

**Virtual Healthy Heart Conversation Class:** April 13th @ 1:30-3:30pm. This is group session lead by the Dietitian to discuss about understanding cholesterol, controlling BP, healthy heart eating and lifestyle changes. To register, call 519-786-4545 ext. 307.

**Young Parent Prenatal:** April 18th—May 16th from 1:30-3:30p.m (@ West Lambton CHC) Four week program facilitated by Lambton Public Health learning with other young parents about labour and delivery, relationships, nutrition, caring for your baby and more! To register please call LPH at 519-383-3817 for more info to register.

*We are collecting mittens & gloves for those in need! If you would like to donate new or in new condition items, please ask for Amy at reception.*

