

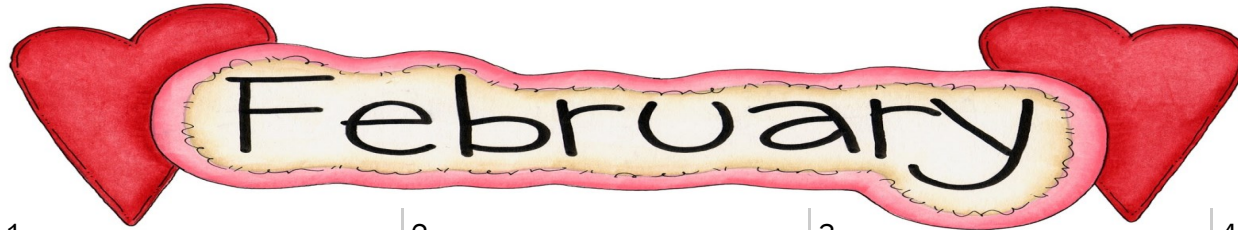
Mon

Tue

Wed

Thu

Fri



2021



1

9:30 Virtual Low Impact
11:00 Virtual Meditation
1:30 Virtual Chair Exercise
1:30 Virtual Hearth Health

2

9:30 Virtual Low Impact
11:00 Virtual Seated Yoga

3

9:30 Virtual Low Impact
11:00 Virtual Shibashi—SET 2

4

9:00 Virtual Low Impact with Jill
10:15 Virtual Yoga
2:00 Virtual Night Light

5

9:30 Virtual Low Impact
11:00 Virtual Shibashi—SET 1
\$\$\$ Garden Fresh Box Orders

8

9:30 Virtual Low Impact
11:00 Virtual Meditation
1:30 Virtual Chair Exercise

9

9:30 Virtual Low Impact
11:00 Virtual Seated Yoga
Virtual Kids Cooking, see back
for details

10

9:30 Virtual Low Impact
11:00 Virtual Shibashi—SET 2

11

9:00 Virtual Low Impact with Jill
10:15 Virtual Yoga
2:00 Virtual Night Light

12

9:30 Virtual Low Impact
11:00 Virtual Shibashi—SET 1

15



Centre Closed

16

9:30 Virtual Low Impact
11:00 Virtual Seated Yoga

17

9:30 Coffee Talk—Resiliency
During Difficult Times
11:00 Virtual Shibashi—SET 2
3:00—4:30 Garden Fresh Box
Order Pick Up

18

9:00 Virtual Low Impact with Jill
10:15 Virtual Yoga
12:00 Virtual BMI: Body, Mind,
Inspired
2:00 Virtual Night Light

19

9:30 Virtual Low Impact
11:00 Virtual Shibashi—SET 1

22

9:30 Virtual Low Impact
11:00 Virtual Meditation
1:30 Virtual Chair Exercise

23

9:30 Virtual Low Impact
11:00 Virtual Seated Yoga

24

9:30 Coffee Talk—Reducing Risk
for Developing Dementia
11:00 Virtual Shibashi—SET 2
3:00—4:30 Garden Fresh Box
Order Pick Up

25

9:00 Virtual Low Impact with Jill
1:30 Virtual Baby's 1st Foods:
It's All About Milk!
2:00 Virtual Night Light

26

9:30 Virtual Low Impact
11:00 Virtual Shibashi—SET 1

North Lambton Community Health Centre Program Descriptions

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.

Baby's 1st Foods (Virtual): Join the EarlyON Centre for a People in Our Neighbourhood presentation of Baby's 1st Foods: It's All About the Milk. To register, e-mail EarlyON@nlchildcare.ca

BMI (Body, Mind, Inspired): Monthly topics focused on nutrition and healthy lifestyle, targeting your best weight and facilitated by a Registered Dietitian. To register, call 519-786-4545 ext. 307 or e-mail ageorge@nlchc.com

Breastfeeding Buddies (BFB): A peer-support, community based, breastfeeding program. Programming includes Prenatal Breastfeeding learning, Latch & Learn topics and 1:1 Peer Matching. For detailed program information and to register go to www.breastfeedingbuddies.com

Chair Exercise (Virtual): Increase mobility, strengthen muscles and increase functional movement from the comfort of your home. To register, call 519-786-4545 ext. 235 or e-mail ktieman@nlchc.com

Coffee Talk: Join us over the phone for coffee and a conversation. A great way for everyone to connect, including those that have struggled to connect virtually. For more information, call 519-786-4545 or e-mail ktieman@nlchc.com

Feeding Support: Connect with our Dietitian for feeding advice for your little ones. Feeding and Breastfeeding support (access to hospital grade breast pumps). Contact Lynne at 519-786-4545 ext. 231 or e-mail lbrown@nlchc.com

Garden Fresh Box: Fresh fruits and vegetable at reasonable prices. Single box \$10, Family Box \$15. Inquiries call 519-786-4545 ext. 307 or e-mail ageorge@nlchc.com

Heart Health Conversation (Virtual): Join a registered dietitian to learn how to manage your cholesterol and blood pressure. To register, call 519-786-4545 ext. 235 or e-mail ktieman@nlchc.com

Kids Cooking (Virtual): Our Registered Dietitian has recorded some exciting recipes and uploaded videos to the North Lambton Community Health Centre YouTube page for everyone to enjoy! The first five families to register will also get free groceries to cook the recipes!! To register call 519-344-3017 ext. 237 or email adinell@nlchc.com

Low Impact Exercise (Virtual): Most exercises are done from a standing position, with modifications being offered to those who need them. All fitness levels welcome! To register for North Lambton call 519-786-4545 ext. 235 or e-mail ktieman@nlchc.com OR for West Lambton call 519-344-3017 ext.237 or e-mail adinell@nlchc.com

Meditation (Virtual): Join us, virtually, for a meditation session, beginning Mondays in October. To register, please call 519-344-3017 ext. 237 or e-mail adinell@nlchc.com

Night Light (Virtual): Finding Hope and Wellness while managing mental illness. To register, please call 519-344-3017 ext. 223

Opening Doors: Healthy lifestyle program for individuals living with mental illness or seeking mental health support . Call Rebecca at 519-344-3017 ext. 277 or e-mail reveraert@nlchc.com

Seated Yoga—6 weeks (Virtual): Join us for a 6-week session of Seated Yoga. To register, please call 519-344-3017 ext. 237 or e-mail adinell@nlchc.com

Shibashi, SET 1 (Virtual): A form of Tai Chi/qigong, 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. **Shibashi, SET 2 (Virtual):** Consists of 18 more advanced steps. It is perfect for those who are familiar with Shibashi Set 1. To register call 519-344-3017 ext. 237 or e-mail adinell@nlchc.com

Yoga—6 weeks (Virtual): Join us for a 6-week session of Yoga. All levels welcome. To register, call 519-786-4545 ext. 235 or e-mail ktieman@nlchc.com