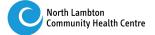


## June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
3 10am Coffee Time (Kettle Point)	4 10:15am Sit or Stand (Virtual)	5 10am Beach Walking (Kettle Point) 12pm Seniors Dinner (Forest Le- gion)	6	7  Garden Fresh Box Orders Due!  9:30am Coffee Time (Forest)
10	11 10:15am Sit or Stand (Virtual)	12 10am Beach Walking (Kettle Point) 9:30am Indoor Yoga (Camlachie)	13	9:30am Coffee Time (Forest)
17 10am Coffee Time (Kettle Point) 2:30pm Anger Awareness Workshop (Virtual)	18 10:15am Sit or Stand (Virtual)	Garden Fresh Box Pick Up! (Forest) 9:30am Indoor Yoga (Camlachie) 10am Beach Walking (Kettle Point) 1:30pm Feeding Your Toddler Class (Virtual)	Garden Fresh Box Pick Up! (Watford)	NATIONAL INDIGENOUS PEOPLES DAY— CENTRE CLOSED
24	25	10am Beach Walking (Kettle Point)	27	28



## We now offer online program registration!!

Please visit <a href="https://www.nlchc.com/services/wellness-programs/">https://www.nlchc.com/services/wellness-programs/</a> (Be sure to specify which program you are registering for on the top of the form.)

Please note: This Health Promotion Calendar will be the last until September as we will be revamping and planning new programs for the upcoming 2024-2025 year. This programming break will allow our volunteers to have a much deserved rest - please take an opportunity to thank them next time you see them!

## **In Person Programs**

<u>Beach Walking:</u> Starting June 5th on Wednesdays (@ Kettle Point Beach) at 10:00am. Everyone welcome. Meet at the end of Centre side road in Kettle Point. To register, call Nicole at 519-786-4545 ext. 270

Coffee Time Social Drop-in: Scheduled meeting places for anyone interested in coffee and socializing.

- Forest NLCHC: Fridays at 9:30am ( @ NLCHC-downstairs in Crozier Hall—59 King St. Forest)
- Kettle Point: First and third Mondays at 10am ( @ Kettle Point Elders Lodge—9260 Lake Road, Kettle & Stony Point First Nation)

<u>Garden Fresh Box:</u> The Garden Fresh Box is an inexpensive monthly food buying club for anyone who wants fresh vegetables and fruit all year round. For more information, call 519-786-4545 ext. 235

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.

## **Virtual Programs**

<u>Anger Awareness Workshop:</u> June 17th @ 2:30p.m. Identify anger triggers and learn to manage strong emotions. To register, call 519-344-3017 ext. 277 or email mhyatt@nlchc.com

<u>Eat Well, Live Healthy Wellness Workshop:</u> 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.

<u>Feeding Your Toddler Class:</u> June 19th @ 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

<u>Heart Healthy Living:</u> 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.

<u>Sit or Stand:</u> 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.

