



# 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 Legion)	6	7 <b>Garden Fresh Box Orders Due!</b> 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	14 9:30am Coffee Time (Forest)
17 10am Coffee Time (Kettle Point) 2:30pm Anger Awareness Workshop (Virtual)	18 10:15am Sit or Stand (Virtual)	19 <b>Garden Fresh Box Pick Up! (Forest)</b> 9:30am Indoor Yoga (Camlachie) 10am Beach Walking (Kettle Point) 1:30pm Feeding Your Toddler Class (Virtual)	20 <b>Garden Fresh Box Pick Up! (Watford)</b>	21 <b>NATIONAL INDIGENOUS PEOPLES DAY— CENTRE CLOSED</b>
24	25	26 10am Beach Walking (Kettle Point)	27	28

Events are free to all! See back for more info or call Health Promotion at 519-786-4545 X 235

## 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: 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

**Beach Walking:** 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)

**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 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

**Anger Awareness Workshop:** 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

**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:** 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

**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.

**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!



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