



# June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30am Low Impact (Canatara) 10am Meditation	4 10:15am Sit or Stand (Virtual)	5 9:30am Indoor Yoga (Camlachie)	6 9:30am Low Impact (Canatara)	7 <b>Garden Fresh Box Orders Due!</b> 10:45am Coffee Time (Sarnia)
10 9:30am Low Impact (Canatara) 10am Meditation	11 10:15am Sit or Stand (Virtual)	12 9:30am Indoor Yoga (Camlachie)	13 9:30am Low Impact (Canatara)	14
17 9:30am Low Impact (Canatara) 10am Meditation 2:30pm Anger Awareness Workshop (Virtual)	18 10:15am Sit or Stand (Virtual)	19 9:30am Indoor Yoga (Camlachie) 1:30pm Toddler Feeding Class (Virtual)	20 <b>Garden Fresh Box Pick Up!</b> 9:30am Low Impact (Canatara)	21 <b>NATIONAL INDIGENOUS PEOPLES DAY— CENTRE CLOSED</b>
24 10am Meditation	25	26 5pm Cooking Class for Adults Trans Support 18+	27	28

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

# 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 up-coming 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

**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](mailto:reveraert@nlchc.com)

- **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. **Coffee Time** will wrap up after June 7th but will pick up again throughout the summer as per the Opening Doors Calendar. Mark your calendars for July 5th, July 19th, August 9th, and August 23rd for Coffee Time sessions. The time and location will stay the same.

**Cooking Classes for Adult Trans Support (18+): June 26th 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](http://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](mailto: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 if you are able to. Some mats will be available to use if you don't have one. To register, call Kandis at 519-786-4545 ext. 235.

**Low Impact Exercise:** One-hour exercise class that includes stretching, flexibility, balance, low-impact aerobics, and strength training. Participants should expect/have ability to be standing throughout the class. To register, call 519-344-3017 ext. 237 or email [reveraert@nlchc.com](mailto:reveraert@nlchc.com)

- **Sarnia Low Impact (Canatara Park):** Mondays and Thursdays at 9:30am (meet at the pavilion closest to water/bandstand).

**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](mailto:reveraert@nlchc.com)

## 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](mailto: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](mailto: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](mailto:reveraert@nlchc.com)

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



@westlambtoncommunityhealthcentre



@northlambtonchc



[www.nlchc.com](http://www.nlchc.com)