

# Health & Wellness Programs

## March 2024

Address  
44 Francis Street, South, Kitchener  
Phone: 519-745-4404

















Monday	Tuesday	Wednesday	Thursday	Friday
				1 Movie Matinee 1:30pm
4 <b>Eat Well Spend Less</b> 1:30pm Nutrition and its importance	5 Creative Expression 2:00pm	6 Intro to Fitness 10:30am *Let's Grow Together 1:30pm planting plan	7 Breakfast Club 10:00am Walk, Talk & Stroll 10:00am @Activa	8 Keep Life Sweet 10:30 @KPL Grand River Stanley Park Movie Matinee 1:30pm
11 <b>Eat Well Spend Less</b> 1:30pm Elevate your meals	12 Mindfulness 2:00pm @KPL	13 Intro to Fitness 10:30am *Crafting Group 1:30pm	14 Breakfast Club 10:00am Hearing Clinic 10:00am (King St. Site) <b>Walk, Talk &amp; Stroll Cancelled for today</b>	15 Movie Matinee 1:30pm
18 <b>Eat Well Spend Less</b> 1:30pm Fun ways to use fruit	19 Mindfulness 2:00pm @KPL Creative Expression 2:00pm	20 Intro to Fitness 10:30am *Let's Grow Together 1:30pm Growing right	21 Breakfast Club 10:00am Walk, Talk & Stroll 10:00am @Activa Me Breastfeed Workshop 6:00VIRTUAL	22 Pop Up Macaroni & Cheese 1:00pm Movie Matinee 1:30pm
25 <b>Eat Well Spend Less</b> 1:30pm Healthy food swaps	26 Mindfulness 2:00pm @KPL	27 Intro to Fitness 10:30am Bringing Balance to Nutrition 1:30pm *Crafting Group 1:30pm	28 Breakfast Club 10:00am Walk, Talk & Stroll 10:00am @Activa Hearing Clinic 9:15am (44 Francis, street)	29 

If you have diabetes or are at risk, let us help you connect to the Diabetes Program for 1:1 appointments or education classes. If transportation or childcare are barriers to attending the CHC programs please connect with a staff for further support. One to one translations services may also be available.



For more information or to sign up, please contact  
Community Health & Wellness at  
519-745-4404 OR [healthwellness@healthcaringkw.org](mailto:healthwellness@healthcaringkw.org)  
For more information please contact Breastfeeding Buddies at  
(519) 772-1016 OR [bfbuddies@healthcaringkw.org](mailto:bfbuddies@healthcaringkw.org)  
Please go to [breastfeedingbuddies.com](http://breastfeedingbuddies.com) to register

\***Childminding** is offered for registered group attendees of our Let's Grow Together & Crafting Group. A child intake form is required before the beginning of the session, one week's notice is required. Please contact Health & wellness if you have any questions or would like to register.

Program	Description	Date
 Eat Well Spend Less	Learn to eat healthy and prepare delicious meals on budget. This interactive, peer-led cooking program uses the Canada Food Guide, smart shopping tips, and meal planning techniques to save money and explore cooking.	Monday the 4, 11, 18, 25 1:30-3:30AM
 Movie Matinee	What better way to spend a Friday afternoon! <b>Drop-in</b> for a free afternoon movie and snacks every week, movie requests are welcome!	Friday the 1, 8, 15, 22 1:30-3:30AM
 Intro to Fitness	This fun and supportive exercise program includes low to moderate cardio, strength, balance, and flexibility exercises. Perfect for people looking to get started with an exercise program, or reintroduce more physical activity into their day. This program is designed for 55+ but all are ages welcome to attend!	Wednesday the 6, 13, 20, 27 10:30-11:30AM
 Pop Up Macaroni & Cheese	<b>Drop-in program!</b> Come and enjoy some delicious Mac and Cheese ! Everyone is welcome to dine in or take out!	Friday 22 1:00-2:30 PM
 Breakfast Club	This is a casual <b>drop-in group</b> for anyone in the community. Join us for coffee, breakfast, company and games!	Thursday the 7, 14, 21, 28 10:00-11:00AM
 Hearing Clinic	The World Health Organization recommends hearing screenings every 1-3 years, if you are 65 years and older. Call to book your appointment with a certified Hearing Instrument Specialist today for free hearing screening and hearing aide maintenance.	Thursday the 14 10:00-12:00PM Thursday the 28 9:15-12:00PM
 Me Breastfeed Workshop	This prenatal lactation workshop teaches parents about the importance of human milk, what to expect the first week after birth. The program is offered in person and virtually.	Thursday the 21 6:00PM
 Walking Group	Looking for a way to get out and make some new friends or meet up with some old ones ? Then be sure to join us for our first INDOOR Intergenerational Walk, Talk & Stroll at the Activa Sportsplex!	Thursday the 7,21,28 10:00-11:00AM
 *Let's Grow Together	Intro to gardening learn how to properly plan and care for a vegetable garden. To optimize food production.	Wednesday the 6, 20 1:30-2:30PM
 Keep Life Sweet	In this Registered Dietitian led presentation, you can learn about lifestyle habits that can help to reduce your risk of developing diabetes and its related health complications, as well as community programs you may be able to access for additional diabetes support. Kitchener Public Library, Grand River Stanley Park 175 Indian Road.	Friday the 8, 10:30-11:30AM
 Bringing Balance to Nutrition	March is Nutrition Month and in this interactive session a Registered Dietitian will teach you how to meet your nutritional needs through a well balanced diet. The benefits and challenges of various popular diets will be also covered to help you make more informed choices.	Wednesday 27 1:30-3:30PM
 Mindfulness	During this introductory 8-week course, we will explore both formal and informal mindfulness practices. Participants will have the opportunity to participate in seated meditations, guided body scans, and mindful movements. Weekly discussions regarding our experiences, challenges, and our insights will support our learning. Each week you will receive suggestions to help you practice between classes. Located at Kitchener Public Library.	Tuesdays the 12, 19, 26 2:00-3:30 PM
 Creative Expression	Come learn about different art styles and develop new painting skills. Express yourself, create a masterpiece.	Tuesday the 5, 19 2:00-3:30PM
 *Crafting Group	Create something special and find fun new hobbies along the way!	Wednesday the 13, 27 1:30-2:30PM