

Health & Wellness Programs June 2022



- In-person groups have limited space available due to public safety measures.
 - Please call or email to register in advance. COVID-19 Screening will take place prior to all in-person groups and masks are mandatory
 - Some workshops will take place virtually via ZOOM. We are happy to support you in setting up and learning how to use ZOOM.
- If you are in need of a device to connect to any of these groups or KDCHC services, please contact us.

Monday	Tuesday	Wednesday	Thursday	Friday
		Walking Group 10:00am ¹ Becoming an Ally 1:30pm (Virtual) Creative Arts 6:00pm	Sleep Hygiene 1:30pm (Virtual) ²	Now Playing 10:00am ³ SHORE Centre 1:00pm
6	7	8	9	10
	Living Life to the Full 10:30am	Walking Group 10:00am	Gardening 10:00am Celebrating 2SLGBTQ+ Identity & Expression 1:30pm	Intro to Fitness 1:30pm
13	14	15	16	17
Eat Well Spend Less 1:00pm	Living Life to the Full 10:30am	Walking Group 10:00am Creative Arts 6:00pm		Intro to Fitness 1:30pm
20	21	22	23	24
	Living Life to the Full 10:30am	Walking Group 10:00am Mindfulness Circle 6:00pm	Gardening 10:00am	Now Playing 10:00am Intro to Fitness 1:30pm
27	28	29	30	
Eat Well Spend Less 1:00pm	Living Life to the Full 10:30am	Walking Group 10:00am Stress Management 6:30pm (Virtual)	Emotions 101 1:30pm	















If you have diabetes or are at risk, let us help you connect to the Diabetes Program for 1:1 appointments or virtual classes. See the back of this page for details.



Scan to sign up today! →

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

For more information or to sign up, please contact the
 Community Health & Wellness Team at
 519-745-4404 ext. 234
 OR healthwellness@kdchc.org

Program	Description	Date
 Eat Well Spend Less (In Person)	A peer-led program to teach you how to prepare nutritious and affordable meals.	Monday June 13, 27 1:00pm - 2:30pm
 Living Life to the Full (In Person)	Living Life to the Full is a mental health promotion course to help deal with everyday challenges and learn self-management skills, in 8 enjoyable 90-minute sessions-once per week.	Tuesday June 7, 14, 21, 28 10:30am - 12:00pm
 Walking Group (In Person)	Put on your running shoes and comfortable clothing and join us for a group walk around Victoria Park (Weather Permitting).	Wednesday June 1, 8, 15, 22, 29 10:00am - 11:30am
 Creative Arts (In Person)	Each week we will be exploring a new art technique! Try a new art project or simply enjoy the company of others. All supplies will be provided, no art skills are needed.	Wednesday June 1, 15 6:00pm - 7:00pm
 Now Playing (In Person)	For many of us, music carries meaning. Come together to listen to your favorite tracks and use music as a way to express yourself as well as connect with others.	Friday June 3, 24 10:00am - 11:30am
 Intro to Fitness (In Person)	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!	Friday June 10, 17, 24 1:30pm - 2:30pm
 Becoming an Ally (Virtual)	Corey Johnson is a professor and researcher at the University of Waterloo. Join him for a discussion on creating safer spaces within the community and learn how you can support the 2SLGBTQ+ community!	Wednesday June 1 1:30pm - 2:30pm
 Sleep Hygiene (Virtual)	Maintaining healthy sleep is a habit that can be learned. Join us and discover tips and small changes you can make to support a better night's sleep.	Thursday June 2 1:30pm - 2:30pm
 SHORE Centre (In Person)	There is a lot of sexual health, sexuality and relationship information available online and in the media. Join SHORE Centre for a drop-in information session to get the most accurate information and resources to ensure you make well-informed decisions!	Friday June 3 1:00pm - 3:00pm
 Celebrating 2SLGBTQ+ Identity & Expression (In Person)	Join the Sexual Assault Support Centre for a conversation on gender and sexuality. SASCWR strives to provide safer spaces where everyone can learn new things, question terms and ideas they have heard of and explore ways to better support themselves and peers in their journey of self-discovery. We will cover topics like gender stereotypes and the importance of respecting pronouns.	Thursday June 9 1:30pm - 2:30pm
 Mindfulness Circle (In Person)	Join us as we explore the practice of mindfulness. Through group discussions and guided meditations, we support each others learning as we live more mindfully.	Wednesday June 22 6:00pm - 7:00pm
 Garden Club (In Person)	Do you have a green thumb or are you looking to learn more about gardening? Join us as we begin planting our summer Community Gardens!	Thursday June 9, 23 10:00am - 11:00am
 Stress Management (Virtual)	Everyone experiences stress, but what happens when we become too stressed? Don't wait until stress damages your health, relationships or quality of life. Start practicing stress management techniques today!	Wednesday June 29 6:30pm - 7:30pm
 Emotions 101 (In Person)	Join our clinical counsellor, Dan, for a discussion on emotions.	Thursday June 30 1:30pm - 3:00pm
	Please follow all public safety measures and do not attend programs if you are unwell. COVID-19 Screening will take place prior to all in-person groups and masks are mandatory.	

<p>Diabetes Program Requires referral to the Diabetes Program <i>*Anyone can refer to the Diabetes Program if they have diabetes, prediabetes, or are at high risk of developing diabetes. Let us help you get connected</i></p>	Diabetes Education Program: Live Well	June 1st 6:30pm June 17th 9:30am
	Diabetes Education Program: Healthy Me	June 3rd 9:30am June 22nd 6:30pm
	Diabetes Education Program: Eat Your Heart Out	June 9th 9:30am
	Diabetes Education Program: Eating Healthy	June 8th 6:30pm June 24th 9:30am
	Diabetes Education Program: Carbs: Good, Better, Best	June 15th 5:30pm
	Diabetes Education Program: Make Your Carbs Count	June 23rd 9:30am