

Health & Wellness Programs May 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
2	3 Chronic Disease Self Management 1:30pm (Virtual)	4 Walking Group 10:00am Pointillism 6:00pm	5 City of Kitchener: Leisure Access Pass Info Session 10:00am	6 Now Playing 10:00am Intro to Fitness 1:30pm
9 Alzheimer's Society: Healthy Brains 1:00pm	10 Chronic Disease Self Management 1:30pm (Virtual)	11 Walking Group 10:00am Mindfulness Circle 6:00pm	12 Garden Club 10:00am	13 Intro to Fitness 1:30pm
16 CARIZON Newcomer Refugee Seniors Garden Club 10:00am Eat Well Spend Less 1:00pm	17	18 Walking Group 10:00am	19 Sun Safety 10:00am (Virtual)	20 Intro to Fitness 1:30pm
23 KDCHC/Sanctuary Closed for Statutory Holiday	24	25 Walking Group 10:00am Mindfulness Circle 6:00pm	26 Garden Club 10:00am Emotions 101: Anger 1:30pm	27 Now Playing 10:00am Intro to Fitness 1:30pm
30 Eat Well Spend Less 1:00pm	31 Living Life to the Full 10:30am			















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 May 16, 30 1:00 pm – 2:30 pm
 Chronic Disease Self Management (Virtual)	This 6 week program is an education and peer support course to help cope with chronic disease and learn self-management skills.	Tuesday May 3, 10 1:30 pm – 3:00 pm
 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 May 4, 11, 18, 25 10:00 am – 11:30 am
 Now Playing (In Person)	For many of us, music carries meaning. Come together to share your favorite tracks and use music as a way to express yourself as well as connect with others.	Friday May 6, 27 10:00 am - 11:30 am
 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 May 6, 13, 20, 27 1:30 pm - 2:30 pm
 Pointillism (In Person)	Pointillism is an art technique during which small dots of color are applied in patterns to create an image. Pointillism can be used as a meditative practice and is a great way to practice mindfulness!	Wednesday May 4 6:00 pm - 7:00 pm
 City of Kitchener: Leisure Access Pass Info Session (In Person)	If program fees are preventing you or a member of your family from joining a city program, fee assistance may be available. Join the City of Kitchener to learn how you and your family can apply online!	Thursday May 5 10:00 am - 11:00 am
 Healthy Brains (In Person)	It is never too early to start thinking about your brain health! Join the Alzheimer's Society for a discussion on the brain and good health. Learn about lifestyle habits that can help keep both your body and brain healthy!	Monday May 9 1:00 pm - 2:00 pm
 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 May 11, 25 6:00 pm - 7:00 pm
 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 May 12, 26 10:00 am - 11:00 am
 Newcomer Refugee Seniors Garden Club (In Person)	The Carizon Newcomer Refugee Seniors program will be joining KDCHC's garden club for a gardening demonstration! All KDCHC clients and community members are welcome to attend.	Monday May 16 10:00 am - 11:00 am
 Sun Safety (Virtual)	Enjoying the outdoors is important for your health and wellness. But there are risks associated with unprotected exposure to the sun. Join this session to learn all about staying safe outdoors during the summer months!	Thursday May 19 10:00 am - 11:00 am
 Emotions 101: Anger (In Person)	Anger can be a normal response to difficult situations, but what about when it starts to take over our emotions? Join our clinical counsellor for a discussion on managing anger.	Thursday May 26 1:30 pm - 3:00 pm
 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 May 31 10:30 am - 12:00 pm
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 style="text-align: center;">Diabetes Program</p> <p style="text-align: center;">Requires referral to the Diabetes Program</p> <p><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>	<p>Diabetes Education Program: Active for Life</p>	<p>May 2nd 2:00pm May 3rd 1:00pm May 6th 2:00pm May 9th 2:00pm May 10th 1:00pm May 13th 2:00pm May 16th 2:00pm May 17th 1:00pm May 20th 2:00pm May 24th 1:00pm May 27th 2:00pm May 30th 2:00pm May 31st 1:00pm</p>
	<p>Diabetes Education Program: Live Well</p>	<p>May 4th 6:30pm May 20th 9:30am</p>
	<p>Diabetes Education Program: Healthy Me</p>	<p>May 6th 9:30am May 25th 6:30pm</p>
	<p>Diabetes Education Program: Eat Your Heart Out</p>	<p>May 11th 5:30pm</p>
	<p>Diabetes Education Program: Eating Healthy</p>	<p>May 11th 6:30pm May 27th 9:30am</p>
	<p>Diabetes Education Program: Retinal Screening</p>	<p>May 24th 3:30pm</p>
	<p>Diabetes Education Program: Make Your Carbs Count</p>	<p>May 18th 5:30pm</p>