

Health & Wellness Programs

Open to KDCHC Clients, Volunteers and the Community

All programs held at KDCHC (44 Francis St. South) unless noted

Winter- Spring 2018

Name of Group	Meeting Date	Time
Art Class (Sketching skills)	Thursdays (6 weeks) April 5 th - May 10 th Questions? Call Lori 519-745-4404 ext. 224 Childcare must be requested by March 30, 2018	5:00 – 7:00 pm
Breathing Class	Friday afternoon (4weeks) March 2- 23, 2018 Must pre-register by Friday February 23rd. Call 519-745-4404 Doug ext 227 or Penny ext. 244	10:00am-11:30am
Culture Kitchen A monthly program that promotes healthy eating through cultural cuisines	4 th Friday of every month Call Almira 519-745-4404 ext. 209 or Charla ext. 242	10:30 am – 1:00 pm
Eat Well, Spend less. Pre-registration required	2 nd and 4 th Monday of the month To register call Charla 519-745-4404 ext. 242.	1:00 pm to 4:00 pm
Gardening Program 2 nd and 4 th Tuesday of the month	Gardening Workshop 2 nd Tuesday of the month: February 13 until November 13 Call Almira 519-745-4404 ext.209	9:30 am – 12:00 pm
	Gardening Activity Day 4 th Tuesday of the month: Feb 27, Mar 27, Apr 24, May 22, Oct. 23 Call Almira 519-745-4404 ext.209	9:30 am – 12:00 pm
	Tasting Tuesday (From the garden to the table: Tasting Tuesday is an opportunity to explore a variety of vegetables and recipes with a COOKING DEMO and TASTING) 4 th Tuesday of the month, June 26, July 24, Aug 28, Sept 25 Call Almira 519-745-4404 ext.209	9:30 am – 12:00 pm
Healthy Eating, Healthy Living program for new Canadians	Tuesdays (10 weeks) Jan 23 – Mar 27 Call Almira 519-745-4404 ext.209	10:00am – 1:00pm
I.D Clinic (get/replace Health Card, birth certificate or Verification of Status, and other ID information)	Tuesdays - Drop-in at St. John's Kitchen Outreach for participants at : YWCA, House of Friendship, OneROOF By appointment : Call Doug (519) 745-4404 ext. 207	10:00 am – 1:00 pm
Knitting Class	Mondays, April 16 th -June 11 th (no class Victoria Day, May 21) Call 519.745.4404 ext 234	9:30am to 12pm
Preparing for 65	Wednesdays (6 Wednesdays) May 9 th -June 13 Call Almira 519-745-4404 ext.209	9:30am to 11:30am
Skills for Self Advocacy	Wednesdays (6 weeks) March 7 – April 11 Call Almira 519-745-4404 ext.209	9:30am – 12:00pm
Take Charge (Chronic Disease Self-management) Registration required.	Wednesdays (6 weeks) April 25 – May 30 Call Charla 745-4404 ext. 242 or Gebre ext.208	1:00 pm – 3:30 pm
Walking Group (Drop-in) Runs spring, summer, fall (outdoor) and winter (Indoor).	Thursdays Call Almira 519-745-4404 ext.209	10:00 am - 11:30 am
Yoga (KDCHC Yoga) Must be referred by KDCHC staff and register before attending. Limited spaces available.	January 10 – March 28 (12 weeks) and April 18-July 25 (15 weeks) Call Nicole 519-745-4404 ext. 234 or Almira ext.209	10:30 pm -11:30pm

The KDCHC gratefully acknowledges the financial support of the Waterloo Wellington Local Health Integration Network (WWLHIN)