






















# Health Promotion Groups

## December

 In-person group  Virtual group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Walking Club  9:00-10:00am Gentle Movement and Relaxation (Level 1) 10:30-11:30am 	 Heart Wise Fitness 9:00-10:00am  11:00am-12:00pm 	Walking Club  9:00-10:00am A Balancing Act 1:00-2:00pm 	Core Strength 2:00-3:00 pm  Walking Club  9:00-10:00am	Walking Club  9:00-10:00am
8	9	10	11	12
Walking Club  9:00-10:00am Gentle Movement and Relaxation (Level 1) 10:30-11:30am 	 Heart Wise Fitness 9:00-10:00am  11:00am-12:00pm 	Walking Club  9:00-10:00am A Balancing Act 1:00-2:00pm 	Core Strength 2:00-3:00 pm  Walking Club  9:00-10:00am	Walking Club  9:00-10:00am
15	16	17	18	19
Gentle Movement and Relaxation (Level 1) 10:30-11:30am 				
22	23	24	25	26
		Christmas Eve	Christmas Day	Boxing Day
29	30	31	1	2
		New Year's Eve	New year	

TO REGISTER: Call: 613-244-2849  
Email: [hpintake@sandyhillchc.on.ca](mailto:hpintake@sandyhillchc.on.ca)

# Health Promotion Groups

## Ongoing Registration

You can register for at any time. Registrations are accepted on a continuous basis.

## Pre-registration

Courses which require you to sign up before the start date.

### Gentle Movement and Relaxation (Level 1)

This online group offers gentle and adapted exercises for people living with any chronic health condition and for those with limited mobility. Sessions include conscious breathing techniques, a range of seated poses and postures, and deep relaxation/meditation. Come increase your flexibility, balance, and strength!

Monday 10:30-11:30am | Sep. 15 - Dec. 15 | [Ongoing Registration](#)

### Heart Wise Fitness



A 1-hour exercise class suitable for anyone interested. This group is appropriate for individuals who are graduating from cardiovascular or other rehabilitation programs as well as those at risk of developing a cardiovascular or chronic health issue. In-person group offered at 250 Somerset St E.

Tuesday 9-10am | Sep. 16 - Dec. 9 | [Ongoing Registration](#)

Tuesday 11am-12pm | Sep. 16 - Dec. 9 | [Ongoing Registration](#)

### A Balancing Act

A 1-hour virtual and bilingual fall prevention class that focuses on improving your balance, strength, and posture.

Wednesday 1-2pm | Sep. 17 - Dec. 10 | [Ongoing Registration](#)

### Walking Club

This walking group is offered in person at the Sandy Hill Community Center (250 Somerset Street East). It is a low impact walking exercise that is good for your bones, strengthens your body and improves your overall fitness. Walking may take place indoors or outdoors. Call 613-564-1062 to register. Spots limited.

Mon. Wed. Thurs. Fri. 9-10am | Sep. 15 - Dec. 12 | [Ongoing Registration](#)

### Core Strength

A 1-hour virtual exercise class that focuses on core muscles engagement to prevent and manage back pain and improve overall physical health. Participants are lead through a demanding workout that includes standing and floor strengthening exercises like plank, push-ups and other exercises.

Thursday 2-3 pm | starts Oct. 2 - Dec. 11 | [Ongoing Registration](#)

#### TO REGISTER:

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Sandy Hill  
Community  
Health Centre



Centre de santé  
communautaire  
Côte-de-Sable