































Health Promotion Groups

January

 In-person group  Virtual group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31 New Year's Eve	1 New year	2
5	6	7	8	9
12	13	14	15	16
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 	Walking Club 9:00-10:00am  Core Strength 2:00-3:00 pm 	Walking Club 9:00-10:00am 
19	20	21	22	23
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 	Walking Club 9:00-10:00am  Core Strength 2:00-3:00 pm 	Walking Club 9:00-10:00am 
26	27	28	29	30
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TO REGISTER: Call: 613-244-2849
Email: 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 | Starts Jan. 12 | [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.

🖥 Tuesdays 9-10am | Jan. 13 | [Ongoing Registration](#)

👤 Tuesday 11am-12pm | Jan 13 | [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 | Starts on Jan. 14 | [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 | Starts on Jan. 14 | [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 Jan. 15 | [Ongoing Registration](#)

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Sandy Hill
Community
Health Centre



Centre de santé
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