





















































Health Promotion Groups

May

 In-person group  Virtual group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
Gentle Movement and Relaxation (Level 1) 10:00-11:00am 	 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 1:00-2:00pm 	Mindful Birding 9:00-10:00am 
5	6	7	8	9
Gentle Movement and Relaxation (Level 1) 10:00-11:00am 	 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 1:00-2:00pm 	Mindful Birding 9:00-10:00am  Walking Club 9:00-10:00am 
12	13	14	15	16
Walking Club 9:00-10:00am  Gentle Movement and Relaxation (Level 1) 10:00-11:00am 	 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 1:00-2:00pm  Feeding Your Baby 1:30-3:00pm 	Mindful Birding 9:00-10:00am  Walking Club 9:00-10:00am 
19	20	21	22	23
Victoria Day!	 Heart Wise Fitness 9:00-10:00am  11:00am-12:00pm  Lifestyle Solutions for Hypertension 4:00-6:00pm  	Walking Club 9:00-10:00am  A Balancing Act 1:00-2:00pm 	Walking Club 9:00-10:00am  Core Strength 1:00-2:00pm 	Mindful Birding 9:00-10:00am  Walking Club 9:00-10:00am 
26	27	28	29	30
Walking Club 9:00-10:00am  Gentle Movement and Relaxation (Level 1) 10:00-11:00am 	 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 1:00-2:00pm 	Mindful Birding 9:00-10:00am  Walking Club 9:00-10:00am 

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 10-11am | Apr. 14 - June 23 | [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 | Apr. 15 - June 17 | [Ongoing Registration](#)

👤 Tuesday 11am-12pm | Apr. 15 - Jul. 15 | [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 | Apr. 16 - Jul. 16 | [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 | May 8 - June 20 | [Ongoing Registration](#)

Mindful Birding

Mindful birding combines observing birds with mindfulness techniques. Join us this spring to learn a new skill or practice an already acquired skill with other community members! Group includes a planning session and 6 weeks of meeting at various community parks to enjoy birds and nature.

👤 Fridays 9 - 10 am | Apr. 25 - June 6 | [Registration closed](#)

Email us to join our waitlist for next year!

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Sandy Hill
Community
Health Centre



Centre de santé
communautaire
Côte-de-Sable

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.


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 1:00 - 2:00 pm | May 1 - July 10 | [Ongoing Registration](#)



Feeding Your Baby

This session is ideal for parents with babies 4 - 9 months old. Our Registered Dietitian will share information and answer your questions about nutrition for your baby. Topics will include: introduction of complementary foods, division of responsibility in feeding, healthy food and beverage choices, and much more.

 Thursday May 15 | 1:30pm-3pm | [Pre-Registration](#)

Lifestyle Solutions for Hypertension

Gain a better understanding of what high blood pressure is, along with practical steps you can take to help prevent and manage it. Offered by a dietitian, this session will inform you of the latest guidelines and support you to get moving and eating better.

  Tuesday May 20 | 4:00-6:00PM | [Pre-Registration](#)

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