

Health Promotion Groups

October

 In-person group  Virtual group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2	3
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 
6	7	8	9	10
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 
13	14	15	16	17
Happy Thanksgiving!	 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  Feeding Your Baby 1:30 - 3:00 pm  Walking Club 9:00-10:00am 	Walking Club 9:00-10:00am 
20	21	22	23	24
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 
27	28	29	30	31
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 2:00-3:00pm  Walking Club 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 10:30-11:30am | 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 | [Ongoing Registration](#)

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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.

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 Oct 16 | 1:30pm-3pm | [Pre-Registration](#)

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