




























Health Promotion Groups

September

 In-person group  Virtual group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labour Day	2	3	4	5
8	9	10	11 Walk with a Doc 10:30-11:30am	12
15	16	17	18	19
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 	Walking Club 9:00-10:00am 
22	23	24	25	26
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29	30	1	2	3
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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 Sep. 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](#)

Healthy Eating for Healthy Brains

Join our Dietitian, Estelle, for a workshop focused on food and brain health. Learn how to prevent cognitive decline and dementia through healthy dietary patterns and lifestyle behaviors.

🖥👤 Wed. 1-3pm | Sep 10 | [Pre-registration](#)

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Sandy Hill
Community
Health Centre



Centre de santé
communautaire
Côte-de-Sable

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Pre-registration

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Walk with a Doc

Walk with Dr. Moore and Nurse Practitioner Niki Beamish from Sandy Hill Community Health Center. This Doctor-led group is a fun and safe place to go for a walk and learn about health while meeting new friends! This event is free and all are welcome. Strathcona Park, 25 Range Rd

 Thursday 10:30-11:30am | Sep 4 | [Pre-registration](#)

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