

Health & Wellness Programs

December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				Movie Matinee 1:30pm
We Are Breastfeeding 9:30am at EarlyON 161 Roger Street, Waterloo Eat Well Spend Less 1:30pm Focus on Fiber	Holiday wellness Group 1:30	Intro to Fitness 10:30am Me Breastfeed Workshop 6:30 VIRTUAL	Breakfast Club 10:00am	Movie Matinee 1:30pm
Eat Well Spend Less 1:30pm Saving Money on Groceries during the Festive Season	Cookie decorating Group 1:30pm	Intro to Fitness 10:30am Me Breastfeed Workshop 6:30pm	Breakfast Club 10:00am Hearing Clinic 10:00am (King St. Site)	Movie Matinee 1:30pm Holiday Movie
Eat Well Spend Less 1:30pm Balanced eating during the holidays	Winter Crafting Group 1:30pm	Intro to Fitness 10:30am	Holiday Dinner 1:00-3:00pm	<div> </div>
	<div> </div>	Intro to Fitness 10:30am	Breakfast Club 10:00am	Movie Matinee 1:30pm

If you have diabetes or are at risk, let us help you connect to the Diabetes Program for 1:1 appointments or education classes. If transportation or childcare are barriers to attending the CHC programs please connect with a staff for further support. One to one translations services may also be available.

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For more information or to sign up, please contact Community Health & Wellness at
 519-745-4404 ext. 224 OR healthwellness@healthcaringkw.org
 For more information please contact Breastfeeding Buddies at
 (519) 772-1016 OR bfbuddies@healthcaringkw.org
 Please go to breastfeedingbuddies.com to register

Address

44 Francis Street, South
 Kitchener
 Phone: 519-745-4404

Program	Description	Date
 Eat Well Spend Less	Learn to eat healthy and prepare delicious meals on budget. This interactive, peer-led cooking program uses the Canada Food Guide, smart shopping tips, and meal planning techniques to save money and explore new ways of cooking.	Monday December 4th,11,18th at 1:30pm
 Movie Matinee	What better way to spend a Friday afternoon! Come by for a free afternoon movie and snacks every week, movie requests are welcome!	Friday December 1st,8th,15,29th at 1:30pm 3:30pm
 Intro to Fitness	This fun and supportive exercise program includes low to moderate cardio, strength, balance, and flexibility exercises. Perfect for people looking to get started with an exercise program, or reintroduce more physical activity into their day. This program is designed for 55+ but all are ages welcome to attend!	Wednesday December 6th,13th,20th,27th at 10:30
 Cookie Decorating	Come and create ! we will be learning tips and tricks on how to decorate cookies. make one of a kind designs and take home some sweet treats!	Tuesday December 12th at 1:30-2:30pm
 Breakfast Club	This is a casual drop-in group for anyone in the community. Join us for coffee, breakfast, company and games!	Thursday December 7th,14,28th 10:00am - 11:30am
 Hearing Clinic	The World Health Organization recommends hearing screenings every 1-3 years, if you are 65 years and older. Call to book your appointment with a certified Hearing Instrument Specialist today for free hearing screening and hearing aide maintenance.	Thursday December 14th at 10:00am - 12:00pm
 Me Breastfeed Workshop	This prenatal lactation workshop teaches parents about the importance of human milk, what to expect the first week after birth. The program is offered in person and virtually.	Wednesday December 6th and 13th at 6:30-8:30
 Holiday wellness Group 1:30	Come and join us for a cup of hot apple cider as we discuss ways to take care of ourselves during the holidays.	Tuesday December 5th at 1:30 -2:30
 Winter Crafting Group	Come and Craft Winter magic, enjoy music and tea! Bring out your winter sprit and learn something new.	Tuesday December 19th at 1:30-2:30
 Holiday Dinner	Come to celebrate the holiday season, and enjoy dinner with our community. You belong at Community Healthcaring !	Thursday December 21st at 1:00-3:00pm