



NOVEMBER 2017



SCHEDULE OF EVENTS

Health Centre closed on Friday,
November 13 for Remembrance Day

Mondays & Tuesdays - Red Path 1-4pm

Mondays - Anger Management 7pm

Tuesdays - A.A. 7pm

Tuesdays & Fridays - Lynda Quesnel, NP

Tuesdays - LifeLabs - 8:30-11:30am

Wednesdays - Aftercare Support Circle 7pm

Wednesdays & Thursdays - Dr. Dunlop

Thursdays (excluding Nov 9) Painting Class 1-3pm
Contact Carrie @ ACYPS for registration

Thursdays & Fridays- Kathy Lloyd
Counselling

Good Food Box - Nov 9

****Please call to register for all events & workshops****



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Mon	Tue	Wed	Thu	Fri
		1 Diabetes Health Check at Ontario Works 11am-2pm	2 Foot Clinic High Risk Walk-In Flu Clinic 10am-3pm	3
6 Yoga 12:10pm	7 Diabetic Educators Walk-In Flu Clinic 10am-12pm & 1-3pm Movember Mens Health Lunch & Learn 11am-1pm	8 Yoga 12:10pm Walk-In Flu Clinic 10am-12pm & 1-3pm Probation	9 GOOD FOOD BOX Walk-In Flu Clinic 10am-12pm & 1-3pm Liz Akiwenzie - Youth Wellness Workshop 4-6pm	10 
13 REMEMBRANCE DAY Health Ctr. Closed	14 Walk-In Flu Clinic 10am-12pm & 1-3pm Parenting - Mitten Making 1-4pm	15 Yoga 12:10pm Foot Care Nurse Walk-In Flu Clinic 10am-12pm & 1-3pm 'Honoring Grief' Workshop 9am-4pm	16 'Honoring Grief' Workshop 9am-4pm	17 'Honoring Grief' Workshop 9am-4pm One-on-One Sessions
20 Yoga 12:10pm	21 Parenting - Mitten Making 5-8pm	22 Yoga 12:10pm Probation Walk-In Flu Clinic 10am-12pm & 1-3pm Diabetes Dinner 5-7pm Call To Register	23 Foot Clinic Evening Family Flu Clinic 10am-7pm	24
27 	28 Parenting - Cooking 11am-1pm	29 Yoga 12:10pm Family Fun Night & Flu Clinic 4-7pm Foot Care Nurse	30 Every November, 'Movember' is responsible for the sprouting of moustaches on thousands of men's faces. With their "Mo's", they raise funds & awareness for men's health, specifically prostate cancer and male mental health initiatives. 	