

PROGRAM CALENDAR DECEMBER 2017

	Event	Time	Room	Contact
Every Tuesday	*Keep Well Chair Exercise 55+	10-11	Community Room	Pam Dunstan 613-876-2729
Every Tues/Thurs	Chill Zone Healthy Together	3-6	Community Room	Brittany Couto 7117
Last Wednesday of every month	*Balance and Support Group Free drop in	1:30-3:30	OTN Room 1	Rebecca Bates 7161
5	*Drum Circle Napanee	1-3	Cedar Room	Kate Brant 7163
6	Stress and Sleep Workshop	2:30-4:00	TBD	Rebecca Bates 7161
1, 15	*Medigas Clinic	8-4	Family Med Room	Melissa Smith 613-546-5529
12	*Dental (KCHC)	8-4	Dental Suite	Nancy Murphy 613-507-6064
13	Healthy Smiles Public Health	8-4	Dental Suite	Nancy Murphy 613-507-6064
19	*Drum Circle Deseronto	1-3	344 Main Street Deseronto	Kate Brant 7163
1, 8, 15, 22	Community Advocacy and Legal Centre	8-4	Room 210	1-877-966-8686
21	*Arthritis Clinic	8-4	Family Med Room	Lisa Robinson 1-800-321-1433

Caring. Responding. Building Community. ♦ Prendre soins. Intervenir. Bâtir une communauté.