



PROGRAM CALENDAR February 2018



	Event	Time	Room	Contact
Every Tues/Fri	*Keep Well Chair Exercise 55+	10-11	Community Room	Pam Dunstan 613-876-2729
Last Wed of every month	*Balance and Support Group Free drop in	1:30-3:30	OTN Room 1	Rebecca Bates 7161
First Wed of each month	Parkinson Support Group	1-4	Community Room	Penny Robertson 613-388-2240
2 nd /4 th Tuesday of each month	Indigenous Blood Pressure Clinic	1:30-3:30	344 Main Street Deseronto	Kate Brant 7163 Cathy Young 7106
2 nd Monday of each month	Stroke Survivor Group	2-3:30	Community Room	Meighen Hodgen 613-634-0130 ext 3469
6	Drum Circle	1-3	Napanee	Kate Brant 7163
6	Youth Wellness Group Managing Stress	3-4	Community Room	Brittany 7117
2, 16	Medigas Clinic	8-4	Family Med Room	Melissa Smith 613-546-5529
Wednesdays Jan 17-Feb 21	Living Well with Chronic Disease	1:30-4	OTN 1	Call ext 7111 to register
14	Weller Dental Health Smiles	1:30-3:30	Community Room	613-507-6064
20	Drum Circle Deseronto	1-3	344 Main Street Deseronto	Kate Brant 7163
2, 9, 16	Community Advocacy and Legal Centre	8-4	Room 210	1-877-966-8686
22	Arthritis Clinic	8-4	Family Med Room	Lisa Robinson 1-800-321-1433

Closures: (Feb 7 11-4 (Team Building) Feb 19 (Family Day) Feb 28 – 8-1 (Operational Planning Day)

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