



PROGRAM CALENDAR March 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
Every Friday	Overeaters Anonymous	2-3	Napanee	Michelle Hauser 613-354-6387
Every Tuesday	Youth Wellness Group Life Hacks	3-4	Community Room	Brittany 7117
Thursdays 8, 15, 22, 29	Free Income Tax Preparation	9-12	OTN Room 1	Register at front desk or ext 7111
2, 16	Medigas Clinic	8-4	Family Med Room	Melissa Smith 613-546-5529
6	Drum Circle Napanee	1-3	Cedar Lodge	Kate Brant 7163
14	KFLAPH Healthy Smiles	8 - 4	Dental Suite	1-800-267-7875
20	Drum Circle Deseronto	1-3	344 Main Street Deseronto	Kate Brant 7163
21	Weller Dental		Dental Suite	613-507-6064
2, 9, 16, 23	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

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



Napanee Area Community Health Centre
A part of Kingston Community Health Centres (KCHC)

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