

October 2017 *Flyer in waiting Room

	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 7117
Last Wednesday of every month	*Balance and Support Group Free drop in	1:30-3:30	OTN Room 1	Rebecca Bates 7161
3	*Drum Circle Napanee	1-3	Cedar Room	Kate Brant 7163
6, 20	*Medigas Clinic	8-4	Family Med Room	Melissa Smith 613-546-5529
4	Parkinson Support Group	1-4	Community Room	Penny Robertson 613- 388-2240
10	*Dental (KCHC)	8-4	Dental Suite	Nancy Murphy 613-507-6064
11	Healthy Smiles Public Health	8-4	Dental Suite	1-800-267-7875 Ext 1218
17	*Drum Circle Deseronto	1-3	344 Main Street Deseronto	Kate Brant 7163
6,13,29,27	Community Advocacy and Legal Centre	8-4	Conference Library	1-877-966-8686
26	*Arthritis Clinic	8-4	(Family Med Room)	Lisa Robinson 1-800-321-1433