



	<b>Event</b>	<b>Time</b>	<b>Room</b>	<b>Contact</b>
<b>Every Tuesday</b>	*Keep Well Chair Exercise 55+	10-11	Community Room	Pam Dunstan 613-876-2729
<b>Every Tues/Thurs</b>	Chill Zone Healthy Together	3-6	Community Room	Brittany 7117
<b>5</b>	Managing Your Emotions Every Tuesday Sep 5 – Nov 21	10-12	OTN Room 1	Rebecca Bates 7161
<b>5</b>	*Drum Circle Napanee	1-3	Cedar Room	Kate Brant 7163
<b>1, 15</b>	*Medigas Clinic	8-4	Family Med Room	Melissa Smith 613-546-5529
<b>6</b>	Parkinson Super Walk and Support Group	1-4	Community Room	Penny Robertson 613- 388-2240
<b>14</b>	*Let's Get Cooking (Space is limited)	5-7:30	Training Kitchen	Register at front desk 613-354-8937
<b>14</b>	*Living Well with Chronic Disease Every Thursday Sep 14 – Oct 19	1:30 - 4	OTN Room 2	Register at front desk 613-354-8937
<b>8, 12, 26</b>	*Dental (KCHC)	8-4	Dental Suite	Nancy Murphy 613-507-6064
<b>19</b>	*Drum Circle Deseronto	1-3	344 Main Street Deseronto	Kate Brant 7163
<b>8, 22, 29</b>	Community Advocacy and Legal Centre	8-4	Conference Library	1-877-966-8686
<b>28</b>	*Arthritis Clinic Interactive Workshop	8-4	(Family Med Room)	Lisa Robinson 1-800-321-1433
<b>18, 25</b>	*Mindfulness	1:30-3:30	OTN Room 2	Danielle Deptuk 613-542-2949 ext. 1179
<b>27</b>	*Balance and Support Group Free drop in – last Wednesday of each month	1:30-3:30	OTN Room 1	Rebecca Bates 7161