



Port Hope Community Health Centre

"Building a healthier community together"

Calendar of Events & Activities

Fall 2010

Registration is required for all workshops please call 905-885-2626 or visit us at
99 Toronto Rd, Port Hope www.porthopechc.ca

September 2010

- **Emergency Food Cupboard** open every Thursday from 1:30-4:00pm
- **Good Food Box** \$15.00 order date: Fri. Sept. 3rd pick up date: Thurs. Sept. 9th 1:00pm
- **Alzheimer Support Group** Wed. Sept. 1st 10:30am-noon
- **Cook, Meet, Eat & Share** Fri. Sept 3rd 10:30am –noon
- **Arthritis 101**—what is arthritis and so much more Tues. Sept 8th 1:30pm-3:00pm
- **Stroke Survivor** Support group meeting Wed. Sept. 8th 2:00-4:00pm
- **Cooking from the Good Food Box**—Thurs. Sept. 9th 10:30am-noon
- **Cooking for One is Just no Fun!** 3 weeks Thurs. Sept 16th—Sept 30th 10am-noon
- **Living a Health Life with Chronic Conditions**—6 weeks Tues. Sept. 21st 1:30pm-3:30pm
- **What are ancient grains and how do we cook them?** Wed. Sept. 22nd 10:30am-noon
- **Mindfulness**—4 weeks Wed. Sept. 22– Oct 13th 3:30pm-5:00pm
- **CHAP** drop in blood pressure check Thurs. Sept. 23rd 9:30am-noon & 1:00pm-3:30pm
- **Oh my aching back! Back Health** Fri. Sept.24th 10:30am-noon
- **What's the big deal about salt?** Wed. Sept. 29th 1:30pm-3:00pm
- **Dental Suite Open House** Thurs. Sept. 30th 3:00pm-4:30pm
- **Making Healthy Kid Friendly Lunches and Snacks** Thurs. Sept. 30th 6:00pm-7:30pm

October 2010

- **Emergency Food Cupboard** open every Thurs. from 1:30-4:00pm
- **Good Food Box** \$15.00 order date by Fri. Oct1st pick up date: Thurs Oct. 7th 1:00pm
- **Cook, Meet, Eat & Share** Fri. Oct. 1st 10:30am –noon
- **Work Life Balance**– find out more Tues. Oct. 5th 5:30pm-7:00pm
- **Alzheimer Support Group** Wed. Oct. 6th 10:30am-noon
- **Cooking from the Good Food Box**—Thurs. Oct. 7th 10:30am-noon
- **Assertiveness Awareness** Part 1—3 weeks Thurs. Oct 7th –Oct. 21st 5:30pm-7:00pm
- **Centre Closed** Monday Oct. 11th Happy Thanksgiving
- **Heart Friendly Cooking** 3 weeks Tues. Oct 12th—Oct 19th 10:30am-noon
- **Stroke Survivor** Support group meeting Wed. Oct. 13th 2:00-4:00pm
- **Living a Healthy Life with Diabetes** 6 weeks Mon. Oct 18th—Nov. 22nd 1:30pm-4:00pm
- **Kids Shoes! How to get the best fit!** Wed. Oct. 20th 1:30pm-3:30pm
- **Soups On! Hearty low fat, low sodium soups to make at home** Thurs. Oct 21st 10:30am—noon
- **Food Nutrition Labels –what do they really mean?** Fri. Oct.22nd 10:00am-noon
- **Root Veggies, how to store, prepare and cook.** Wed. Oct 27th 10:30am-noon
- **CHAP** drop in blood pressure check Thurs. Oct. 28th 9:30am-noon & 1:00pm-3:30pm

November 2010

- **Emergency Food Cupboard** open every Thurs. from 1:30-4:00pm
- **Good Food Box** \$15.00 order date by Fri. Nov 5th pick up date: Thurs Nov.11th 1:00pm
- **Smoking Cessation Support** 6weeks Mon. Nov. 1st—Dec 6th 10:00am-11:15am
- **Alzheimer Support Group** Wed. Nov. 3rd 10:30am-noon
- **Diabetes Cooking** 3 weeks Wed. Nov. 3rd-Wed.Nov. 17th 10:00am-noon
- **Break through Osteoporosis** 3 weeks Wed. Nov 3rd—Wed. Nov. 17th 1:30pm-3:30pm
- **Oh what a pain in my neck!** Thurs. Nov. 4th 10:00-noon
- **Cook, Meet, Eat & Share** Fri. Nov. 5th 10:30am –noon
- **Real Beauty**—Mother Daughter event Sat. Nov. 6th 9:30am -12:30pm
- **Osteoarthritis– Taking Charge** 4 weeks Tues. Nov. 9th—Tues. Nov. 30th 9:30am-11:00am
- **Stroke Survivor** Support group meeting Wed. Nov.10th 2:00pm
- **Assertiveness Awareness** Part 2—3 weeks Thurs. Nov. 11th—Thurs. Nov. 25th 5:30pm-7:00pm
- **Everything you wanted to know about massage but didn't know who to ask.** Fri. Nov 12th 10:30-noon
- **The tale of the wrong shoes! Foot Health** Tues. Nov. 16th 2:00pm-3:30pm
- **Soups On! Hearty low fat, low sodium soups to make at home** Thurs. Nov 18th 10:30am—noon
- **Diabetes Awareness Open House** Fri. Nov. 19th 9:30am-12:30pm
- **MOOOO Are you getting enough calcium?** Wed. Nov. 24th 10:30-noon

please post!

