



SPRING PROGRAMS AND SERVICES GUIDE

Heart Healthy Eating

Want to lower your cholesterol?
Attend an interactive Heart Healthy
Eating Class!

Next Sessions:

Monday May 29

Monday June 26

10 am

145 Carlton Street, St. Catharines



Craving Change

A 6 week program that can help you
develop a healthier relationship with
food.

Next Sessions:

Thurs May 11 to Thurs June 15

9:30am-11:00am OR 6:00pm -7:30pm

145 Carlton Street, St. Catharines



Diabetes Care Team

Do you want to learn more about how to
better manage your diabetes
or pre-diabetes?

Our Diabetes Care Team can help!

We offer group both group classes and
individual assessments.

22 Ontario Street, St. Catharines

Living Smoke Free

A support group for those who have
quit smoking.

Next Sessions:

Tuesday May 2

Tuesday June 6

5:00pm - 6:00pm

145 Carlton Street, St. Catharines

Struggling with Chronic Pain?

Each week you will learn new ways
to live with your chronic pain and
improve the quality of your life.

This workshop is also available
to care givers.

For more information about a
free 6 week self-management
program, call 1-855-333-2376

Healthy You Lifestyle Program

We make over 200 food-related choices every day.
This 4 week program is for you if you would like to
further develop healthy living behaviours and skills
in a peer support group format.

Next Sessions:

Friday June 2 to Friday June 23

10:00am - 11:30am

1882 Niagara Stone Road

Niagara-on-the-Lake



For information or to register
contact Laura @ 905-988-9617 ext # 226.

Check out our website for more information and our online program registration!