

April 2020 - South Health Campus Wellness Centre Activities

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3 Drumming Up Wellness 1:30pm-2:30pm	4	5
6	7 Healthy Eating for Pregnancy 6:30pm-8:30pm	8 Cooking with SHC Dietitians (hands-on) Launch into Legumes 11:00am-1:00pm Conserving Your Energy (2 class series) 2:00pm-3:30pm Baby Health and Safety (2 class series) 7:00pm-9:00pm	9	10 <i>Good Friday</i> No Drumming Up Wellness	11	12
13	14 Eating Well for Good Health (Demo) 12:00pm-4:00pm	15	16 Mindfulness Practice Session – The Practice of Mindfulness 6:30pm-7:45pm	17 Drumming Up Wellness 1:30pm-2:30pm	18 Work Search (2 class series) 9:00am-4:00pm	19
20 The Truth About What Works in Weight Management 1:00pm-3:30pm	21 Mediterranean Style Eating for Health (Demo) 12:00pm-1:30pm	22 Top 5 Tips to Reduce Calories 5:30pm-8:00pm Cooking Your Way to Wellness in Pregnancy (Hands-on) (2 class series) 6:30pm-8:00pm	23 Seniors Cooking Program (Hands-on) (6 class series) 10:30am-1:00pm ATCO Blue Flame Kitchen (Demo) California Spring 7:00pm-8:00pm	24 Drumming Up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	25	26
27 Community Resources for Seniors Update 10:00am-11:00am	28	29	30			

REMEMBER: Most of our classes require registration! www.ahs.ca/shcwellness
 Some of our weekly programs are not shown on the calendar:
Anorexics and Bulimics Anonymous: Sundays 9:30am-10:30am
Smart Recovery: Sundays 3:00pm – 4:30pm
Family Peer Support Group: Tuesdays 6:00pm– 8:00pm
Alcoholics Anonymous: Wednesdays 7:30pm-8:30pm
Narcotics Anonymous: Thursdays 8:00pm – 9:00pm, Saturdays & Sundays 7:00pm – 8:00pm

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
REMEMBER: Most of our classes require registration! www.ahs.ca/shcwellness Some of our weekly programs are not shown on the calendar: Anorexics and Bulimics Anonymous: Sundays 9:30am-10:30am Smart Recovery: Sundays 3:00pm – 4:30pm Family Peer Support Group: Tuesdays 6:00pm– 8:00pm Alcoholics Anonymous: Wednesdays 7:30pm-8:30pm Narcotics Anonymous: Thursdays 8:00pm – 9:00pm, Saturdays & Sundays 7:00pm – 8:00pm				1 Drumming Up Wellness 1:30pm-2:30pm	2	3
4	5 Healthy Eating for Pregnancy 6:30pm-8:30pm	6 Kidney Friendly Cooking Class (Demo) 10:30am-12:00pm Planning for the Future 12:30pm-3:00pm Help for Alzheimer Families 5:30pm-6:30pm	7	8 Drumming Up Wellness 1:30pm-2:30pm	9	10
11 Living Well on Prednisone: Nutrition and Side Effects 10:00am-12:00pm Top 5 Tips to Reduce Calories 1:00pm-3:30pm	12 I Know I Should Eat Healthy, but How? (Demo) 1:00pm-3:30pm Cooking Your Way to Wellness in Pregnancy (Hands-on) (2 class series) 6:30pm-8:00pm	13 Intuitive Eating – An Introduction (3 class series) 1:00pm-3:00pm HeartMath® – Part 1 6:00pm-8:30pm	14	15 Nutrition for New Moms 10:00am-12:00pm Drumming Up Wellness 1:30pm-2:30pm	16	17
18 <i>Victoria Day</i>	19	20 Mediterranean Style Eating for Health (Demo) 12:00pm-1:30pm HeartMath® – Part 2 6:00pm-7:30pm	21 ATCO Blue Flame Kitchen (Demo) Chinese Take-Out 7:00pm-8:00pm	22 Living in a Fake New World 10:00am-11:00am Drumming Up Wellness 1:30pm-2:30pm	23 Resume Writing (2 class series) 9:00am-4:00pm Getting Started with Plant-based Eating (Hands-on) 10:00am-12:00pm	24
25 Eating Away From Home and During Special Occasions 1:00pm-3:30pm Grief Support 6:00pm-8:00pm	26 Healthy Cooking Basics and Techniques: Seasonal Summer Suppers (Hands-on) 6:00pm-8:00pm	27 Cooking with SHC Dietitians (Hands-on) Spring Fresh 11:00am-1:00pm Self-Care Starter Package 6:00pm-8:00pm	28 Better Choices, Better Health® (BCBH®) (6 class series) 1:00pm-3:00pm	29 Community Resources for Seniors Update 10:00am-11:00am Drumming Up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	30	31

June 2020 - South Health Campus Wellness Centre Activities

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 Parkinson's Speech and Swallowing Disorders 10:00am-12:00pm	2 Eating Well for Good Health (Demo) 12:00pm-4:00pm Managing Your Emotional Eating (3 class series) 1:00pm-3:30pm			5 Food and Nutrition for Cancer Treatment and Recovery for People with Eating Challenges (2 class series) 11:00am-1:00pm Drumming Up Wellness 1:30pm-2:30pm		
8 The Truth About What Works in Weight Management 1:00pm-3:30pm	9 Healthy Eating for Pregnancy 6:30pm-8:30pm	10 Waking up to Healthy Sleep 10:00am-11:30am	11 Eating Well When Fatigued (Demo) 12:00pm-1:30pm	12 Mind Fit! 10:00am-11:00am Drumming Up Wellness 1:30pm-2:30pm	13 Interview Skills (2 class series) 9:00am-4:00pm	14
15	16 Get Active Stay Active 1:00pm-3:30pm I Know I Should Eat Healthy, but How? (Demo) 1:00pm-3:30pm Cooking Your Way to Wellness in Pregnancy (Hands-on) (2 class series) 6:30pm-8:00pm	17	18 Mediterranean Style Eating for Health (Demo) 12:00pm-1:30pm ATCO Blue Flame Kitchen (Demo) Father's Day BBQ Basics 7:00pm-8:00pm	19 Taking an Active Role in Your Healthcare 10:00am-11:00am Drumming Up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	20	21
22 Top 5 Tips to Reduce Calories 1:00pm-3:30pm Community Resources for Seniors Update 6:00pm-7:00pm	23	24 Parkinson's Medication Information 1:00pm-3:00pm	25 Kidney Friendly Cooking Class (Demo) 2:00pm-3:30pm	26 Drumming Up Wellness 1:30pm-2:30pm	27	28
29	30					

REMEMBER: Most of our classes require registration! www.ahs.ca/shcwellness Some of our weekly programs are not shown on the calendar:
Anorexics and Bulimics Anonymous: Sundays 9:30am-10:30am
Smart Recovery: Sundays 3:00pm – 4:30pm
Family Peer Support Group: Tuesdays 6:00pm– 8:00pm
Alcoholics Anonymous: Wednesdays 7:30pm-8:30pm
Narcotics Anonymous: Thursdays 8:00pm – 9:00pm, Saturdays & Sundays 7:00pm – 8:00pm



July 2020 - South Health Campus Wellness Centre Activities

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 <i>Canada Day</i>	2	3 Drumming Up Wellness 1:30pm-2:30pm	4	5
6	7 Summer Mini Chefs Day Camp 9:00am-3:00pm Healthy Eating for Pregnancy 6:30pm-8:30pm	8 Rethinking Our Thoughts (4 class series) 2:00pm-4:00pm	9	10 Drumming Up Wellness 1:30pm-2:30pm	11	12
13	14	15 The Truth About What Works in Weight Management 5:30pm-8:00pm	16 Nutrition for New Moms 1:00pm-3:00pm	17 Spoken Word (4 class series) 10:00am-12:00pm Drumming Up Wellness 1:30pm-2:30pm	18 Work Search (2 class series) 9:00am-4:00pm	19
20 Stressed is Desserts Spelled Backwards 6:00pm-7:00pm	21 Community Resources for Seniors Update 1:00pm-2:00pm	22 Baby Health and Safety (2 class series) 7:00pm-9:00pm	23	24 Drumming Up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	25	26
27	28	29	30	31 Drumming Up Wellness 1:30pm-2:30pm		

REMEMBER: Most of our classes require registration! www.ahs.ca/shcwellness Some of our weekly programs are not shown on the calendar:
Anorexics and Bulimics Anonymous: Sundays 9:30am-10:30am
Smart Recovery: Sundays 3:00pm – 4:30pm
Family Peer Support Group: Tuesdays 6:00pm– 8:00pm
Alcoholics Anonymous: Wednesdays 7:30pm-8:30pm
Narcotics Anonymous: Thursdays 8:00pm – 9:00pm, Saturdays & Sundays 7:00pm – 8:00pm



August 2020 - South Health Campus Wellness Centre Activities

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3 <i>Heritage Day</i>	4 Healthy Eating for Pregnancy 6:30pm-8:30pm	5	6 Art of Friendship (8 class series) 2:00pm-4:00pm	7 Drumming Up Wellness 1:30pm-2:30pm	8	9
10 Stress and Coping: Know Thyself 6:30pm-8:00pm	11 Summer Mini Chefs in the Kitchen (4 half day classes) 9:00am-12:00pm	12	13	14 Drumming Up Wellness 1:30pm-2:30pm	15	16
17 The Truth About What Works in Weight Management 1:00pm-3:30pm	18 Protect Seniors from Fraud 1:00pm-2:00pm	19 Keep on Keeping On (2 class series) 2:00pm-4:00pm	20	21 Community Resources for Seniors Update 9:00am-10:00am Drumming Up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	22 Resume Writing (2 class series) 9:00am-4:00pm	23
24 Grief Support 6:00pm-8:00pm	25	26	27	28 Drumming Up Wellness 1:30pm-2:30pm	29	30
31 Women and Dementia 6:00pm-8:30pm						

REMEMBER: Most of our classes require registration! www.ahs.ca/shcwellness Some of our weekly programs are not shown on the calendar:
Anorexics and Bulimics Anonymous: Sundays 9:30am-10:30am
Smart Recovery: Sundays 3:00pm – 4:30pm
Family Peer Support Group: Tuesdays 6:00pm– 8:00pm
Alcoholics Anonymous: Wednesdays 7:30pm-8:30pm
Narcotics Anonymous: Thursdays 8:00pm – 9:00pm, Saturdays & Sundays 7:00pm – 8:00pm