

January 2020 - South Health Campus Wellness Centre Activities

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 New Year's Day – Closed	2	3 Drumming up Wellness 1:30pm-2:30pm	4	5
6 Confront the Discomfort 3 class series 6:00pm-8:00pm Poppy Innovations Parent and Child Culinary Program 6 class series 6:30pm-8:00pm	7	8 Healthy Eating for Pregnancy 6:30pm-8:30pm	9	10 Feeding Your Baby 10:00am-12:00pm Drumming up Wellness 1:30pm-2:30pm	11 Poppy Innovations Cooking with Colours 4 class series 10:30am-11:45am	12 Canning and Preserving: Pressure Cooking (Hands-on) 9:30am-11:30am
13	14 Eating Well for Good Health (Demo) 12:00pm-4:00pm	15 Kidney Friendly Cooking Class (Demo) 2:00pm-3:30pm HeartMath® – Part 1 6:00pm-8:30pm	16 Nutrition for New Moms 1:00pm-3:00pm ATCO Blue Flame Kitchen (Demo) – Hawaiian Plate Lunch 7:00pm-8:00pm	17 Special Edition Drumming up Wellness: Drum and Laugh 1:30pm-2:30pm	18 Daddies and Babies 2 class series 10:00am-12:00pm	19 Canning and Preserving: Jams and Jellies (Hands-on) 9:30am-11:30am
20 Baby and You for New Moms 4 class series 10:00am-12:00pm The Truth About What Works in Weight Management 1:00pm-3:30pm Mindfulness Practice Session: What is Mindfulness? 6:30pm-7:45pm	21 Mediterranean Style Eating for Health (Demo) 12:00pm-1:30pm	22 Cooking Your Way to Wellness in Pregnancy 6:30pm-8:00pm HeartMath® – Part 2 6:00pm-7:30pm	23	24 Drumming up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	25	26
27 Let's Play 9:30am-10:30am	28 Healthy Cooking Basics and Techniques: Slow Cooked Comfort (Hands-on) 6:00pm-8:00pm	29 Cooking with SHC Dietitians: Soups and Stews (Hands-on) 11:00am-1:00pm Cooking Your Way to Wellness in Pregnancy 6:30pm-8:00pm	30	31 Poppy Innovations Kids Cooking Bootcamp 8:00am-3:00pm Drumming up Wellness 1:30pm-2:30pm		
<p>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 9:00am-10:00am 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</p>						

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<p>3 Top 5 Tips to Reduce Calories 1:00pm-3:30pm Let's Talk About Menopause 6:00pm-7:30pm Getting Ahead of Your Headaches 6:30pm-8:00pm</p>	<p>4 Soul Connection 3 class series 2:00pm-4:00pm</p>	<p>5 Healthy Eating for Pregnancy 6:30pm-8:30pm</p>	<p>6 Eating Well When Fatigued (Demo) 12:00pm-1:30pm</p>	<p>7 Food and Nutrition for Cancer Treatment Recovery for people with Eating Challenges 2 class series 11:00am-1:00pm Drumming up Wellness 1:30pm-2:30pm</p>	<p>8 Canning and Preserving- Perfectly Pickled (Hands-on) 9:00am-11:00am</p>	<p>9</p>
<p>10 Stroke 101 1:00pm-3:00pm The Many Languages of Stress 6:30pm-8:00pm</p>	<p>11 Essentials of Wellness: Practical Basics of Cooking, Eating and Moving for Health (Hands-on) 6 class series 5:30pm-8:30pm</p>	<p>12 Parkinson's 101 10:00am-12:00pm</p>	<p>13 Intuitive Eating – An Introduction 3 class series 6:30pm-8:30pm</p>	<p>14 HeartMath® – Part 1 9:30am-12:00pm Drumming up Wellness 1:30pm-2:30pm</p>	<p>15</p>	<p>16</p>
<p>17 Family Day</p>	<p>18</p>	<p>19 Mediterranean Style Eating for Health (Demo) 12:00pm-1:30pm</p>	<p>20 Feeding Your Baby 1:00pm-3:00pm ATCO Blue Flame Kitchen (Demo): French Brunch 7:00pm-8:00pm</p>	<p>21 HeartMath® – Part 2 9:30am-11:00am Drumming up Wellness 1:30pm-2:30pm</p>	<p>22 Canning and Preserving: Introduction to Preserving (Hands-on) 9:00am-12:00pm Resume Writing 2 class series 9:00am-4:00pm Baby Health and Safety 9:30am-2:00pm</p>	<p>23</p>
<p>24 Mindfulness Practice Session: 7 Attitudes of Mindfulness 6:30pm-7:45pm</p>	<p>25</p>	<p>26 Aging in Place 6:00pm-7:30pm</p>	<p>27</p>	<p>28 Drumming up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm</p>	<p>29</p>	

March 2020 - South Health Campus Wellness Centre Activities

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2 Baby and You for New Moms 4 class series 10:00am-12:00pm Eating Away from Home and During Special Occasions 1:00pm-3:30pm Poppy Innovations Cooking with Colours 4 class series 5:30pm-6:45pm Balancing Stress When Caring for an Aging Loved One 6:00pm-7:00pm	3 Hopes and Dreams 3 class series 6:00pm-8:00pm	4 Managing Your Emotional Eating 3 class series 1:00pm-3:30pm Healthy Eating for Pregnancy 6:30pm-8:30pm	5	6 Mind Fit! 10:00am-11:30am Drumming up Wellness 1:30pm-2:30pm	7 Daddies and Babies 2 class series 10:00am-12:00pm	8
9	10 Eating Well for Good Health (Demo) 12:00pm-4:00pm	11 Pacing for People with Chronic Pain 2:00pm-4:00pm HeartMath® – Part 1 6:00pm-8:30pm	12 Kidney Friendly Cooking Class (Demo) 10:30am-12:00pm	13 Nutrition for New Moms 10:00am-12:00pm Drumming up Wellness 1:30pm-2:30pm	14 Canning and Preserving: Lacto-Fermented Vegetables (Hands-on) 9:30am-11:30am	15
16 Mealtime Struggles to Mealtime Success 6:00pm-8:00pm	17	18 Cooking Your Way to Wellness in Pregnancy 6:30pm-8:00pm HeartMath® – Part 2 6:00pm-7:30pm	19 Mediterranean Style Eating for Health (Demo) 12:00pm-1:30pm ATCO Blue Flame Kitchen – Taste of Morocco (Demo) 7:00pm-8:00pm	20 Poppy Innovations Kids Cooking Bootcamp 8:00am-3:00pm Drumming up Wellness 1:30pm-2:30pm	21 Interview Skills 2 class series 9:00am-4:00pm	22
23 Grief Support 6:00pm-8:00pm Mindfulness Practice Session: Mindful Walking and Eating 6:30pm-7:45pm	24 Mini Chefs School Break 4 class half day 9:00am-12:00pm Feeding Your Baby 1:00pm-3:00pm	25 The Truth About What Works in Weight Management 6:00pm-8:30pm Cooking Your Way to Wellness in Pregnancy 6:30pm-8:00pm	26 It's Time to Manage Your Stress 6:00pm-7:00pm	27 Returning Home: How to Prepare for the Return Home After Hospitalization 10:00am-11:00am Drumming up Wellness 1:30pm-2:30pm Meditation 6:00pm-6:45pm	28	29
30	31 Eating Well When Fatigued (Demo) 11:00am-12:30pm Chronic Fatigue Syndrome (ME/CFS) 1:00pm-3:00pm					

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Narcotics Anonymous: Thursdays 8:00pm – 9:00pm, Saturdays & Sundays 7:00pm – 8:00pm