

DEC 2024



NorWest Community Health Centres
Centres de santé communautaire NorWest

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor C.C 10:00 am Mobile Clinic - Armstrong 1pm-6pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	4 Walk-In Clinic 4:00pm - 8:30pm	5 Fly the C.O.O.P Walking Group LifeLabs	6
9 Chair Yoga @ O'Connor C.C 10:00 am	10 Fly the C.O.O.P Walking Group Diabetes Educator	11 Walk-In Clinic 4:00pm - 8:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Chair Yoga @ O'Connor C.C 10:00 am	17 Fly the C.O.O.P Walking Group	18 Walk-In Clinic 4:00pm - 8:30pm	19 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	20
23 Chair Yoga @ O'Connor C.C 10:00 am	24	25 Closed for Christmas Day	26 Closed for Boxing Day	27
30 Chair Yoga @ O'Connor C.C 10:00 am	31 Fly the C.O.O.P Walking Group			

Kakabeka Site

4785 ON-11 Unit B,
Kakabeka Falls,
ON POT 1W0
 (807) 473-5528

PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at spierce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group
Indoor Walking at 10am and at the Kakabeka Legion

Watch for HistorTea Event in Shebandowan in January 2025

Further Information will follow

Chair Yoga In Person or Virtual
Hosted at O'Connor Community Centre at 10:00am.



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org