



NorWest Community Health Centres
Centres de santé communautaire NorWest

Kakabeka Site

4785 ON-11 Unit B,
Kakabeka Falls,
ON POT 1W0

(807) 473-5528

JAN 2025

MON	TUE	WED	THU	FRI
		1 Closed for New Year's Day	2 Fly the C.O.O.P Walking Group LifeLabs	3
6 Chair Yoga @ O'Connor C.C 10:00 am	7 Fly the C.O.O.P Walking Group Good Food Box Order Deadline	8 Walk-In Clinic 4:30pm - 8:30pm	9 Fly the C.O.O.P Walking Group LifeLabs	10
13 Chair Yoga @ O'Connor C.C 10:00 am	14 Fly the C.O.O.P Walking Group	15 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 8:30pm	16 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	17
20 Chair Yoga @ O'Connor C.C 10:00 am	21	22 Hearing Clinic Call 807-473-5528 to book an appt Walk-In Clinic 4:30pm - 8:30pm	23 Fly the C.O.O.P Walking Group LifeLabs	24
27 Chair Yoga @ O'Connor C.C 10:00 am	28 Fly the C.O.O.P Walking Group	29 HistorTea 1pm@ Kam C. Centre Walk-In Clinic 4:30pm - 8:30pm	30 LifeLabs	31

PROGRAM INFO

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

Fly the C.O.O.P Indoor Walking Group

Starting at 10am at the KB Legion

Chair Yoga In Person & Virtual
Hosted at O'Connor C. Centre at 10am.

HistorTea - Jan 29th
Join us at 1-3pm. Bring your photo albums. All ages welcome. Refreshments will be served.

New Program - Dementia

Cafe coming on Feb 28th at Rural 60+. Watch for more details

Follow us!



NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org