

MARCH 2024



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

MON	TUE	WED	THU	FRI
Please call to book an appointment for: <ul style="list-style-type: none"> - Lifelabs - Diabetes Educator 				1
4 Chair Yoga @ O'Connor C.C & CHW drop in appts	5 Fly the C.O.O.P Walking Group Diabetes Educator	6 Chair Yoga @ KB Legion	7 Fly the C.O.O.P Walking Group Lifelabs Walk-In Clinic 8:30am-4:30pm	8
11 Chair Yoga @ O'Connor C.C & CHW drop in appts	12 Fly the C.O.O.P Walking Group	13 Chair Yoga @ KB Legion	14 Fly the C.O.O.P Walking Group Lifelabs Mobile Clinic - Upsala 10am-3:30pm	15 Histor-Tea 1-4pm @ Blake Hall
18 Chair Yoga @ O'Connor C.C & CHW drop in appts	19 Fly the C.O.O.P Walking Group Diabetes Educator	20 Chair Yoga @ KB Legion	21 Fly the C.O.O.P Walking Group Lifelabs Walk-In Clinic 8:30am-4:30pm	22
25 Chair Yoga @ O'Connor C.C & CHW drop in appts	26 Mobile Clinic - Armstrong 1pm-6pm Fly the C.O.O.P Walking Group	27 Chair Yoga @ KB Legion Mobile Clinic - Armstrong 8:30am-1:30pm	28 Lifelabs	29

Kakabeka Site

4785 ON-11 Unit B,
Kakabeka Falls,
ON P0T 1W0

(807) 473-5528

PROGRAM INFO.

Call Shaun at (807) 473-5528
ext.1 to register for all programs

Fly the C.O.O.P Walking Group
Meet at Kakabeka Falls Legion Hall
10am-11am

CHW Drop in Appointments
Available until 3pm

Chair Yoga
Hosted at O'Connor Community
Centre OR Kakabeka Falls Legion
Hall at 10:30am
*Chair Yoga is also hosted **virtually**
at 10:30am*

Histor-Tea
Multigenerational History tea!
An excellent opportunity for
community members to get
together to talk and reminisce
about the history of Neebing



Follow us!

NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org