

# APRIL 2024



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

MON	TUE	WED	THU	FRI
1 Chair Yoga @ O'Connor C.C & CHW drop in appts	2 Fly the C.O.O.P Walking Group <b>Diabetes Educator</b>	3 Chair Yoga @ KB Legion	4 Fly the C.O.O.P Walking Group <b>LifeLabs</b> <b>Walk-In Clinic</b> 8:30am-4:30pm	5
8 Chair Yoga @ O'Connor C.C & CHW drop in appts	9 Fly the C.O.O.P Walking Group	10 Chair Yoga @ KB Legion	11 Fly the C.O.O.P Walking Group <b>LifeLabs</b> <b>Mobile Clinic - Upsala</b> 10am-3:30pm <b>Diabetes Educator</b>	12 <b>Walk-In Clinic</b> 8:30am-4:30pm
15 Chair Yoga @ O'Connor C.C & CHW drop in appts	16 Fly the C.O.O.P Walking Group <b>Diabetes Educator</b>	17 Chair Yoga @ KB Legion	18 Fly the C.O.O.P Walking Group <b>LifeLabs</b> <b>Diabetes Educator</b> <b>Walk-In Clinic</b> 8:30am-4:30pm	19
22 Chair Yoga @ O'Connor C.C & CHW drop in appts <b>Mobile Clinic - Armstrong</b> 1pm-6pm	23 Fly the C.O.O.P Walking Group <b>Diabetes Educator</b> <b>Mobile Clinic - Armstrong</b> 8:30am-1:30pm	24 Chair Yoga @ KB Legion	25 Fly the C.O.O.P Walking Group <b>LifeLabs</b> <b>Walk-In Clinic</b> 8:30am-4:30pm	26
29 Chair Yoga @ O'Connor C.C & CHW drop in appts	30 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 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*

## Follow us!

NorWest Community  
Health Centres -  
Kakabeka Falls Clinic

[www.norwestchc.org](http://www.norwestchc.org)