



OCT 2024



NorWest Community Health Centres
Centres de santé communautaire NorWest

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 Mountain Portage Trail at K Falls Park @ 10:15 or a ride is provided at Evergreen Parking Lot at 10 am

CDSMP - Chronic Disease Self Management Program
Pre Registration is required by calling Kevin at 807-626-8480

Chair Yoga In Person or Virtual
Hosted at O'Connor Community Centre at 10:30am.

Watch for information on our upcoming program with Centre for Education and Research on Aging & Health (CERAH). Date and time to follow.



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

MON	TUE	WED	THU	FRI
	1 Fly the C.O.O.P Walking Group Diabetes Educator	2 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	4
7 Chair Yoga @ O'Connor C.C @ 10:30 am Mobile Clinic - Armstrong 1pm-6pm	8 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	9 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	10 LifeLabs	11
14 Closed for Thanksgiving Day	15 Fly the C.O.O.P Walking Group Diabetes Educator	16 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	17 Fly the C.O.O.P Walking Group LifeLabs	18
21 Chair Yoga @ O'Connor C.C @ 10:30 am	22 Fly the C.O.O.P Walking Group	23	24 Fly the C.O.O.P Walking Group LifeLabs	25
28 Chair Yoga @ O'Connor C.C at 10:30 am	29 Fly the C.O.O.P Walking Group Diabetes Educator	30 Webinar for Seniors -LTC Homes Noon - 1pm Location to be determined	31 Fly the C.O.O.P Walking Group Walk-In Clinic 8:30am-11:30am LifeLabs	