

Programs and Services Winter 2019

Health and Wellbeing Programs

Stress Busters: This 6-week program will teach individuals about stress and how it affects the body and mind. We will learn relaxation techniques and how thoughts play a role in anxiety and depression. Also, participants will develop a plan to combat personal life stressors. Offered on Friday afternoons, 1:30 - 3:00 p.m., January 18 - February 22, 2019, at 221 Nelson St., in English. For more information, call Irena Konopacki at 613-789-8459 x 2411.

Core Strength Exercises: An 8-week program to learn how to engage your core muscles to prevent, manage and improve back health and overall fitness. Offered on Tuesdays, 2:15 - 3:30 p.m., January 15 - March 5, 2019, at 221 Nelson St.; English/French. For more information or to register, call Tina Isbister at 613-244-2849.

Smoking Cessation Services: Are you a Health Services and/or Oasis client? Do you want to cut down and/or are you ready to quit smoking? We offer individual counselling support and can provide you with information on community resources to help you quit. Offered at 221 Nelson St., in English/French. For more information or to book an appointment, call Tina Isbister at 613-244-2849 (for Health Services clients), or Tali Cahill at 613-569-3488 (for Oasis clients).

Walk to Quit: Join us for a weekly cessation group aimed to help you reduce, quit and/or stay quit from tobacco use. Participants will: have the chance to meet peers wanting to quit, receive ongoing support from a cessation coach, a physical activity specialist and other invited guests, socialize while walking at a gentle pace with or without Nordic poles (the poles are provided). Join anytime! Bilingual program offered every Thursday afternoon from 12:30 to 1:30 p.m. until the end of June 2019, at Sandy Hill Community Centre (250 Somerset St. East). For more information or to register, call Julie Tessier at 613-789-1500 x 2521.

Nordic Walking: Come and meet our instructors and join us for walking with urban poles every weekday except Tuesdays, 9:00 - 10:00 a.m., January 7 - March 29, 2019, at the Sandy Hill Community Centre (250 Somerset St. East). Cost is \$5.50/semester. Poles and light snacks are provided. Everyone is welcome! For more information and to register, call Sandy Hill Community Centre at 613-564-1062. English/French.

Physical Activity Lending Library at 95 Main St.: Come and borrow an exercise DVD, urban poles, pedometer, elastic bands and other equipment you might like to try out! For more information, call Chris Osler at 613-565-3265.

Older Adults Fitness: Free fitness program for older adults 50+ offered at Sandy Hill Community Centre (250 Somerset St. East), on Tuesdays, 10:30 - 11:30 a.m., January 15 - June 11, 2019, in English. No class on March 12th. The French group **Mise en forme** is offered on Tuesdays, 9:30 - 10:30 a.m., at the same location. For more information or to register, call Tina Isbister at 613-244-2849.



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Looking for drop-in playgroups, toy lending library access, homework literacy programs, English conversation groups, ESL, the Good Food Box, exercise programs, learn-to-bicycle courses and other services in Old Ottawa East? Please contact Community Developer Chris Osler at 613-565-3265 for information.

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Your opinion matters! Send us your feedback at:
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