

*City of Kawartha Lakes*  
**Family Health Team**

<b>FAMILY HEALTH PROGRAMS — Fall 2019</b>			
<b>PROGRAM</b>	<b>FACILITATOR(S)</b>	<b># OF WEEKS</b>	<b>DATES</b>
<b>Craving Change Workshop</b> *Open to non-FHT patients. Everyone welcome*	Atheana Brown, RD Lisa Janveaux, MSW, RSW	4 weeks	Thursdays, Sept. 26 – Oct. 17, 2019 6:30 PM – 8:30 PM <b>Fenelon Falls, KN FHT</b> Wednesdays, Oct. 23 – Nov. 13, 2019 6:30 PM – 8:30 PM <b>55 Angeline St., N. Lindsay</b>
<b>Stressbusters</b>	Dr. Greg Sweitzer, C. Psych	4 weeks	Thursdays, Nov. 28 – Dec. 19, 2019 2:30 PM – 4:30 PM <b>55 Angeline St. N., Lindsay</b>
<b>Pain Self-Management</b>	Dr. Greg Sweitzer, C. Psych Tanya Nye, OT	6 weeks	Thursdays, March 14 – April 18, 2019 <b>55 Angeline St. N., Lindsay</b>
<b>Walking Program &amp; Get WITH IT Walking Group</b> *Open to non-FHT patients. Everyone welcome*	Debbie McLeod, RN  Jordan Prosper, CCCHC Debbie McLeod, RN, CKLFHT	on-going year-round  20 weeks Get WITH IT	<b>Mall walking</b> on Wednesdays 10:00AM – 11:00AM <b>Coboconk Community Centre</b> Fridays 10:30 – 11:30 AM <b>LCVI walking</b> Tuesdays and Thursdays Nov. 7, 2019 - April 30, 2020 6:00PM – 7:00PM
<b>Insomnia Solutions Workshop</b>	Dr. Greg Sweitzer, C. Psych	5 weeks	Thursdays, Oct. 24 – Nov. 21, 2019 2:30 PM – 4:30 PM <b>55 Angeline St. N., Lindsay</b>
<b>Smoking Cessation</b>	Roxanne Davies, RN Cindy Billiaert, RRT Kylie Pankhurst, RN Lesley Broadworth, RN Ashleigh Knight, RN	on-going	May 2011 – present
<b>Healthy Lung/COPD Group Sessions</b> *Everyone Welcome*	Cindy Billiaert, RRT Sue Evans, RMH Jordan Prosper, CCCHC	7 sessions	Tuesdays, Sept. 10 – Oct. 22, 2019 1:30 – 2:30 PM <b>55 Angeline St. N., Lindsay</b>
<b>Memory Clinic</b>	Dr. Ready, Dr. Anderson Gaye Trider, RPN Beth Syvret, Pharm D. Lorraine Gregson, RSW Tanya Nye, OT Lisa Janveaux, MSW, RSW Alzheimer's Society	on-going	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month
<b>Mindfulness Meditation</b>	Lorraine Gregson, RSW	7 weeks	Tuesdays, Sept. 24 – Nov. 5, 2019 9:30 AM – 11:30 AM <b>55 Angeline St. N., Lindsay</b>
<b>Anticoagulant Clinic</b>	Beth Syvret, Pharm D.	on-going	Mondays, Tuesdays and Fridays 9:00AM – 12:00PM <b>55 Angeline St. N., Lindsay</b>

**Call Heather at (705) 328-9853 ext. 221 to register**