

City of Kawartha Lakes
Family Health Team

FAMILY HEALTH PROGRAMS — Spring 2019			
PROGRAM	FACILITATOR(S)	# OF WEEKS	DATES
Craving Change Workshop *Open to non-FHT patients. Everyone welcome*	Erin Jenkins, RD Lisa Janveaux, MSW, RSW	4 weeks	Tuesdays, April 30 – May 21, 2019 2 – 4 PM Wednesdays, May 15 – June 5, 2019 6 – 8 PM 55 Angeline St., N. Lindsay
Stressbusters	Dr. Greg Sweitzer, C. Psych	4 weeks	Tuesdays, June 4 – 25, 2019. 3 – 5 PM 55 Angeline St. N., Lindsay
Pain Self-Management	Dr. Greg Sweitzer, C. Psych Tanya Nye, OT	6 weeks	Thursdays, March 14 – April 18, 2019 3 – 5 PM 55 Angeline St. N., Lindsay
Walking Program & Get WITH IT Walking Group *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	Mall walking on Wednesdays 10:00AM – 11:00AM Coboconk Community Centre Fridays 10:30 – 11:30 AM LCVI walking Tuesdays and Thursdays Nov. 6, 2018 – April 25, 2019 6:00PM – 7:00PM
Healthy You Group Sessions	Debbie McLeod, RN Erin Jenkins, RD	5 weeks	TBD 55 Angeline St. N., Lindsay
Smoking Cessation	Roxanne Davies, RN Cindy Billiaert, RRT Kylie Pankhurst, RN Lesley Broadworth, RN Ashleigh Knight, RN	on-going	May 2011 – present
Healthy Lung/COPD Group Sessions *Everyone Welcome*	Cindy Billiaert, RRT Sue Evans, RMH Ryan Alexander, CCCHC	7 sessions	Mondays, Mar. 25 – May 13, 2019 1:30 – 2:30 PM 55 Angeline St. N., Lindsay
Memory Clinic	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 st and 3 rd Wednesday of each month
Mindfulness Meditation	Lorraine Gregson, RSW	6 weeks	Thursdays, April 4 – May 16, 2019 9:30 AM – 11:30 AM 55 Angeline St. N., Lindsay
Anticoagulant Clinic	Beth Syvret, Pharm D.	on-going	Mondays, Tuesdays and Fridays 9:00AM – 12:00PM 55 Angeline St. N., Lindsay
Insomnia Solutions Workshop	Dr. Greg Sweitzer, C. Psych	5 weeks	Thursdays, April 25 – May 30, 2019. No class May 23, 2019. 3:00PM – 5:00PM 55 Angeline St. N., Lindsay

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