

City of Kawartha Lakes
Family Health Team

FAMILY HEALTH PROGRAMS — Winter/Spring 2020			
PROGRAM	FACILITATOR(S)	# OF WEEKS	DATES
Craving Change Workshop <i>*Open to non-FHT patients. Everyone welcome*</i>	Atheana Brown, RD Lisa Janveaux, MSW, RSW	4 weeks	TBD 55 Angeline St., N. Lindsay
Stressbusters	Dr. Greg Sweitzer, C. Psych	4 weeks	Tuesdays, June 2 – 23, 2020 2:00 PM – 4:00 PM 55 Angeline St. N., Lindsay
Pain Self-Management	Dr. Greg Sweitzer, C. Psych Tanya Nye, OT	6 weeks	Tuesdays, April 21 – May 26, 2020 2:00 PM – 4:00 PM 55 Angeline St. N., Lindsay
Walking Program & Get WITH IT Walking Group <i>*Open to non-FHT patients. Everyone welcome*</i>	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. 7, 2019 - April 30, 2020 6:00PM – 7:00PM
Insomnia Solutions Workshop	Dr. Greg Sweitzer, C. Psych	5 weeks	Tuesdays, March 10 – April 7, 2020 2:00 PM – 4:00 PM 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 <i>*Everyone Welcome*</i>	Cindy Billiaert, RRT Sue Evans, RMH Jordan Prosper, CCCHC	7 sessions	TBD 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	7 weeks	Tuesdays, March 31 – May 12, 2020 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

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