

City of Kawartha Lakes
Family Health Team

FAMILY HEALTH PROGRAMS — Fall 2017

PROGRAM	FACILITATOR(S)	# OF WEEKS	DATES
Craving Change Workshop *Open to non-FHT patients. Everyone welcome*	Atheana Brown, RD Lisa Janveaux, MSW, RSW	4 weeks	Wednesdays: Sept. 6 – 27, 2017, 6PM – 8PM KNFHT, 50 Colborne St., Fenelon Falls Wednesdays: Oct. 25 – Nov. 15, 2017 6PM – 8PM CKL FHT, 55 Angeline St. N., Lindsay
Stressbusters	Greg Sweitzer, Clinical Psychologist	3 weeks	Tuesdays: Sept. 12 – 26, 2017 2:30PM – 4:30PM 55 Angeline St. N., Lindsay
Pain Self-Management	Greg Sweitzer, C. Psych Tanya Nye, OT	6 weeks	Tuesdays: Sept. 26 – Oct. 31, 2017 10AM – 12PM 55 Angeline St. N., Lindsay
Walking Program & Get WITH IT Walking Group *Open to non-FHT patients. Everyone welcome*	Debbie McLeod, RN Ryan Alexander, CCCHC Debbie McLeod, RN, CKLFHT	on-going year-round 20 weeks Get WITH IT	Lindsay Square Mall walking: Wednesdays 10AM – 11AM LCVI hall walking: Tuesdays and Thursdays Nov. 7, 2017 – April 26, 2017 6PM – 7PM
Healthy You Group Sessions	Debbie McLeod, RN Atheana Brown, RD	5 weeks	TBD
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: April 24 – June 12, 2017 1:30PM – 2:30PM 55 Angeline St. N., Lindsay
Memory Clinic	Dr. Ready, Dr. Anderson Gaye Trider, RPN Beth Syvret, Pharm D. Lorraine Gregson, RSW Alzheimer's Society	on-going	1 st and 3 rd Wednesday of each month
Mindfulness Meditation	Lorraine Gregson, RSW	6 weeks	Thursdays: Sept. 21 – Oct. 26, 2017 9:30AM – 11:30AM 55 Angeline St. N., Lindsay
Anticoagulant Clinic	Beth Syvret, Pharm D.	on-going	Mondays, Tuesdays and Fridays, 9AM – 12PM 55 Angeline St. N., Lindsay

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