

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

**FAMILY HEALTH PROGRAMS — Fall 2017**

PROGRAM	FACILITATOR(S)	# OF WEEKS	DATES
<b>Craving Change Workshop</b> *Open to non-FHT patients. Everyone welcome*	Atheana Brown, RD Lisa Janveaux, MSW, RSW	4 weeks	Wednesdays: Sept. 6 – 27, 2017, 6PM – 8PM <b>KNFHT, 50 Colborne St., Fenelon Falls</b> Wednesdays: Oct. 25 – Nov. 15, 2017 6PM – 8PM <b>CKL FHT, 55 Angeline St. N., Lindsay</b>
<b>Stressbusters</b>	Dr. Greg Sweitzer, C. Psych	3 weeks	Tuesdays: Sept. 12 – 26, 2017 2:30PM – 4:30PM <b>55 Angeline St. N., Lindsay</b>
<b>Pain Self-Management</b>	Dr. Greg Sweitzer, C. Psych Tanya Nye, OT	6 weeks	Tuesdays: Sept. 26 – Oct. 31, 2017 10AM – 12PM <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  Ryan Alexander, CCCHC Debbie McLeod, RN, CKLFHT	on-going year-round  20 weeks Get WITH IT	<b>Lindsay Square Mall walking:</b> Wednesdays 10AM – 11AM <b>LCVI hall walking:</b> Tuesdays and Thursdays Nov. 7, 2017 – April 26, 2017 6PM – 7PM
<b>Healthy You Group Sessions</b>	Debbie McLeod, RN Atheana Brown, RD	5 weeks	TBD
<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 Ryan Alexander, CCCHC	7 sessions	Mondays: April 24 – June 12, 2017 1:30PM – 2:30PM <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 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	6 weeks	Thursdays: Sept. 21 – Oct. 26, 2017 9:30AM – 11:30AM <b>55 Angeline St. N., Lindsay</b>
<b>Anticoagulant Clinic</b>	Beth Syvret, Pharm D.	on-going	Mondays, Tuesdays and Fridays, 9AM – 12PM <b>55 Angeline St. N., Lindsay</b>
<b>Insomnia Solutions Workshop</b>	Dr. Greg Sweitzer, C. Psych	5 weeks	Tuesdays, Nov. 7 – Dec. 5, 2017-06-29 2:30PM – 4:30PM <b>55 Angeline St. N., Lindsay</b>

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