

City of Kawartha Lakes
Family Health Team

FAMILY HEALTH PROGRAMS — Spring 2018			
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	Wednesdays, May 2 – 23, 2018 6:00PM – 8:00PM 55 Angeline St., N. Lindsay
Stressbusters	Dr. Greg Sweitzer, C. Psych	3 weeks	Thursdays, April 12 – May 3, 2018 2:30PM – 4:30PM 55 Angeline St. N., Lindsay
Pain Self-Management	Dr. Greg Sweitzer, C. Psych Tanya Nye, OT	6 weeks	Tuesdays, April 3 – 17, May 1 – 15, 2018 2:30PM – 4:30PM 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. 7, 2017 – April 26, 2018 6:00PM – 7:00PM
Healthy You Group Sessions	Debbie McLeod, RN Erin Jenkins, RD	6 weeks	Thursdays, Feb. 1 – Mar. 8, 2018 10:00 AM – 12:00 PM Thursdays, May 24 – June 28, 2018 6:00PM – 8:00PM 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, April 9 – May 28, 2018 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, March 15 – April 19, 2018 9:30AM – 11:30AM 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	Mondays, April 9 – May 7, 2018 3:00PM – 5:00PM 55 Angeline St. N., Lindsay

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