



NOVEMBER 2022 HEALTH PROMOTION GROUP PROGRAMS

HEALTHY CHILD (0-12)/YOUTH (13+) /FAMILY PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	November 1	November 2	November 3 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	November 4
November 7 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	November 8	November 9	November 10 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	November 11
November 14 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	November 15	November 16	November 17 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	November 18
November 21 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	November 22	November 23	November 24 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	November 25
November 28 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	November 29	November 30	December 1 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	December 2



NOVEMBER 2022 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

HEALTHY CHILD (0-12)/YOUTH (13+) /FAMILY PROGRAMS:

Kids Have Stress Too!	Dates: Oct 17, 2022- Nov 28, 2022	Day: MON	Time: 4:00pm-5:00pm
Program Contact: Kelly klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Kids Have Stress Too!® is a research-based program designed to teach children how to recognize and deal with stress. Children will learn techniques to cope with stress, manage emotions and address the signs of stress before getting overwhelmed. For children 6-8 years of age.			
Ready for Success Tutoring	Dates: Oct 20, 2022- Mar 30, 2023	Day: THUR	Time: 4:15pm-5:15pm
Program Contact: Kelly klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Free Math and English group tutoring program for students in grades 1 to 6. Through group tutoring, children and tutors focus on improving literacy and numeracy skills.			



The Vaughan Community Health Centre has implemented self check-in kiosk for clients to screen for Covid-19 and to inform the provider of their arrival. Remember to bring your healthcard at every appointment for self check-in and to arrive 15mins before your appointment.

For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:

 Instagram: @vaughancommunityhealthcentre

 Facebook: @vaughan.chc

 Twitter: @vaughan_chc

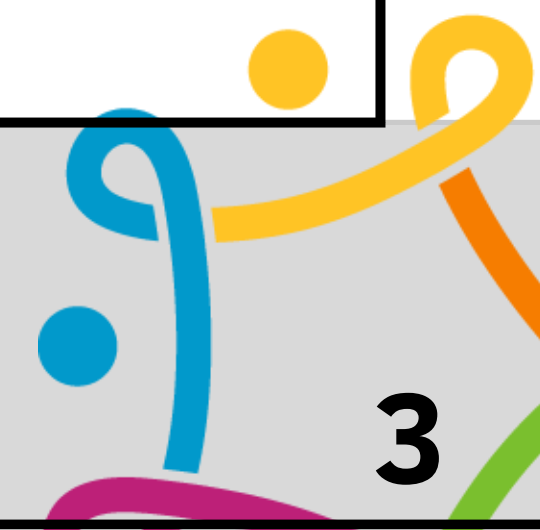
Or visit our website at: www.vaughanchc.com



NOVEMBER 2022 HEALTH PROMOTION GROUP PROGRAMS

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 31</p> <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	<p>November 1</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo 6:30pm - 7:30pm Ext. 2651 	<p>November 2</p> <ul style="list-style-type: none"> • Go with Your Gut 10:00am-11:30am Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>November 3</p> <ul style="list-style-type: none"> • Heart and Mind 10:00am - 11:00am Ext. 2653 • Healthy Eating and Cooking on a Budget 1:00-2:30pm Ext 2642 	<p>November 4</p> <ul style="list-style-type: none"> • Taking Care of You 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>November 7</p> <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	<p>November 8</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo 6:30pm - 7:30pm Ext. 2651 	<p>November 9</p> <ul style="list-style-type: none"> • Go with Your Gut 10:00am-11:30am Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>November 10</p> <ul style="list-style-type: none"> • Heart and Mind 10:00am - 11:00am Ext. 2653 • Sense of Self-NEW 11:00am-12:00pm Ext.2604 • Healthy Eating and Cooking on a Budget 1:00-2:30pm Ext 2642 • Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	<p>November 11</p> <ul style="list-style-type: none"> • Taking Care of You 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>November 14</p> <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	<p>November 15</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo 6:30pm - 7:30pm Ext. 2651 	<p>November 16</p> <ul style="list-style-type: none"> • Go with Your Gut 10:00am-11:30am Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>November 17</p> <ul style="list-style-type: none"> • Heart and Mind 10:00am - 11:00am Ext. 2653 • Sense of Self 11:00am-12:00pm Ext.2604 	<p>November 18</p> <ul style="list-style-type: none"> • Taking Care of You 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>November 21</p> <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	<p>November 22</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo 6:30pm - 7:30pm Ext. 2651 	<p>November 23</p> <ul style="list-style-type: none"> • Go with Your Gut 10:00am-11:30am Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>November 24</p> <ul style="list-style-type: none"> • Heart and Mind 10:00am - 11:00am Ext. 2653 • Sense of Self 11:00am-12:00pm Ext.2604 • Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	<p>November 25</p> <ul style="list-style-type: none"> • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>November 28</p> <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	<p>November 29</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo 6:30pm - 7:30pm Ext. 2651 	<p>November 30</p> <ul style="list-style-type: none"> • Go with Your Gut 10:00am-11:30am Ext.2642 	<p>December 1</p>	<p>December 2</p>



NOVEMBER 2022 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

Coffee and Chats (65+)	Dates: Ongoing	Day: MON	Time: 10:30am-12:00pm
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: 20849 Dalton Rd. Sutton ON L0E 1R0. Online program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device.	
In-person program that can also be offered on Zoom. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
Sense of Self	Dates: November 10, 2022- December 15, 2022	Day: THUR	Time: 11:00am-12:00pm
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
A 6-week social emotional learning forum provides opportunities to build our coping skills through engaging activities.			
Nourishing Possibilities	Dates: July 21, 2022- November 24, 2022	Day: EVERY OTHER THUR	Time: 3:00pm-4:30pm
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: The Georgina Food Pantry, 20849 Dalton Rd. Sutton ON L0E 1R0.	
In partnership with the Georgina Food Pantry, join us in learning about nutrition, creating affordable healthy meals, and socializing with new friends! Registration is required to join. Limited space available.			
Coffee and Chats (55+)	Dates: Ongoing	Day: TUES	Time: 10:30am-11:30am
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: 716 The Queensway S. Georgina ON L4P 4C9. Online program will be offered on Zoom Access to the internet and working video/microphone on phone, tablet, or computer device	
In-person program that can also be offered on Zoom. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
Train Your Brain	Dates: Ongoing	Day: FRI	Time: 1:00pm-2:00pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Train Your Brain is a weekly activity-based program designed for adults and older adults (aged 19+) to practice stimulating brain exercises to improve memory and concentration. Activities will help build your learning, thinking, communication and planning abilities. Staying cognitively connected and engaged along with self-care are important to optimal brain health. Join us to train your brain!			

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ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

Coffee and Chats (19+)	Dates: Sept 13 - Dec 13, 2022	Day: TUES	Time: 1:00pm-2:00pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106.	
In-person program that can also be offered on Zoom. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
Feet in Motion	Dates: Ongoing	Day: WED	Time: 2:00pm-3:00pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This is a Peer-led program designed to promote physical activity through dance. The program also provides an opportunity for participants to socialize and learn from each other to help increase their overall health and the sense of community belonging. Please note the dance component is led by volunteer peer leader. Join us weekly for dancing!			
Healthy Eating and Cooking on a Budget	Dates: Oct 6-Nov 10, 2022	Day: THUR	Time: 1:00pm-2:30pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106.	
In-person program. Learn Budgeting tips and tricks, cooking healthy meals and how to read and understand food labels.			
Family & Friends Bingo Night	Dates: Oct 4-Dec 13, 2022	Day: TUE	Time: 6:30pm-7:30pm
Program Contact: Stacey ssalmon@vaughanchc.com Phone: 905-303-8490 Ext. 2651		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Come and join us for Bingo nights! The program is designed to enhance social cohesiveness, reduce stress and social isolation all while having fun playing virtual Bingo.			
Heart and Mind	Dates: Nov 3-Nov 24, 2022	Day: THURS	Time: 10:00am - 11:00am
Program Contact: Kelly KLO@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106.	
"Heart and Mind" is a wellness program that provides an opportunity for participants to come together, connect and engage in art and reflection-based activities			

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ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

Go with you Gut: Digestive Health Education Program	Dates: Oct 12-Nov 30, 2022	Day: WED	Time: 10:00am-11:30am
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Having digestive issues? Not sure what food to eat to avoid discomfort? Join this program to learn more!			
Taking Care of You: Self Care Program	Dates: Oct 7-Nov 18, 2022	Day: FRI	Time: 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Learn strategies on providing self-care in your everyday life!			

For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:

 Instagram: @vaughancommunityhealthcentre

 Facebook: @vaughan.chc

 Twitter: @vaughan_chc

Or visit our website at: www.vaughanchc.com

*Please let us know if you need any specific accommodations
This flyer is available in an alternative format*

 facebook.com/vaughan.vchc

 @Vaughan_CHC

Funding support provided by:





NOVEMBER 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS




Monday	Tuesday	Wednesday	Thursday	Friday
October 31 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 1 <ul style="list-style-type: none"> • Obesity Management Program 5:00pm-7:00pm Ext.2667 	November 2 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 • Introduction to Diabetes Virtual Group 1:00pm-3:00pm Ext.2667 	November 3	November 4
November 7 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 8	November 9 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 10	November 11
November 14 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 15	November 16 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 17 <ul style="list-style-type: none"> • Introduction to Diabetes In-person 5:30pm-7:30pm Ext.2667 	November 18
November 21 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 22	November 23 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 24	November 25
November 28 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	November 29 <ul style="list-style-type: none"> • COPD Support Group 1:30pm-3:00pm Ext.2671 • Introduction to Diabetes Virtual Group 5:30pm-7:30pm Ext.2667 	November 30 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	December 1	December 2



NOVEMBER 2022 CHRONIC DISEASE GROUP PROGRAMS

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

CHRONIC DISEASE PREVENTION/MANAGEMENT PROGRAMS:

COPD Virtual Care Program	Dates: Ongoing	Day: MON & WED	Time: 10:30am-11:30am
Program Contact: Barbara at 905-303-8490 Ext. 2671	Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device		
Join us for COPD education and exercise in the comfort of your own home!			
COPD Support Group	Dates: Last Tuesday of the Month	Day: TUES	Time: 1:00pm-3:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671	Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device		
Join our virtual COPD support group program to connect with others struggling to manage their COPD.			
Introduction to Diabetes Virtual Group	Session 1: November 2, 2022: 1:00pm-3:00pm Session 2: November 17, 2022: 5:30pm-7:30pm (in-person) Session 3: November 29, 2022: 5:30pm-7:30pm		
Program Contact: Gurbinder at 905-303-8490 Ext. 2667	Platform: Online platform and in-person program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device		
Recommended for newly diagnosed type 2 diabetes/Pre-diabetes. Join us for Diabetes education in the comfort of your own home			
Obesity Management Program	Dates: Nov 1, 2022	Day: TUE	Time: 5:00PM-7:00PM
Program Contact: Gurbinder at 905-303-8490 Ext. 2667	Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106		
This is a 3-week program aims to support you with insights on obesity management, gain practical knowledge and skills and learn about resources for sustainable success.			
<p>For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:</p> <p> Instagram: @vaughancommunityhealthcentre</p> <p> Facebook: @vaughan.chc</p> <p> Twitter: @vaughan_chc</p> <p>Or visit our website at: www.vaughanchc.com</p>			



NOVEMBER 2022 EXERCISE EDUCATION GROUP PROGRAMS

Monday

Tuesday

Wednesday

Thursday

Friday

<p>October 31</p> <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	<p>November 1</p> <ul style="list-style-type: none"> Step it Up 5:45pm-6:30pm Ext.2671 Mobility & Endurance 4:00pm-5:00pm Ext.2671 	<p>November 2</p>	<p>November 3</p> <ul style="list-style-type: none"> Zumba Low Intensity: 9:30am-10:30am High Intensity: 11:00am-12:00pm Ext.2671 Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>November 4</p> <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>November 7</p> <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	<p>November 8</p> <ul style="list-style-type: none"> Step it Up 5:45pm-6:30pm Ext.2671 Mobility & Endurance 4:00pm-5:00pm Ext.2671 	<p>November 9</p>	<p>November 10</p> <ul style="list-style-type: none"> Zumba Low Intensity: 9:30am-10:30am High Intensity: 11:00am-12:00pm Ext.2671 Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>November 11</p> <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>November 14</p> <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	<p>November 15</p> <ul style="list-style-type: none"> Mobility & Endurance 4:00pm-5:00pm Ext.2671 Step it Up 5:45pm-6:30pm Ext.2671 	<p>November 16</p>	<p>November 17</p> <ul style="list-style-type: none"> Zumba Low Intensity: 9:30am-10:30am High Intensity: 11:00am-12:00pm Ext.2671 Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>November 18</p> <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>November 21</p> <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	<p>November 22</p> <ul style="list-style-type: none"> Mobility & Endurance 4:00pm-5:00pm Ext.2671 Step it Up 5:45pm-6:30pm Ext.2671 	<p>November 23</p>	<p>November 24</p> <ul style="list-style-type: none"> Zumba Low Intensity: 9:30am-10:30am High Intensity: 11:00am-12:00pm Ext.2671 Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>November 25</p> <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>November 28</p> <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	<p>November 29</p> <ul style="list-style-type: none"> Mobility & Endurance 4:00pm-5:00pm Ext.2671 Step it Up 5:45pm-6:30pm Ext.2671 	<p>November 30</p>	<p>December 1</p>	<p>December 2</p>



NOVEMBER 2022 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 to register for exercise education programs
2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants is cleared for group exercise
 - b) complete registration forms

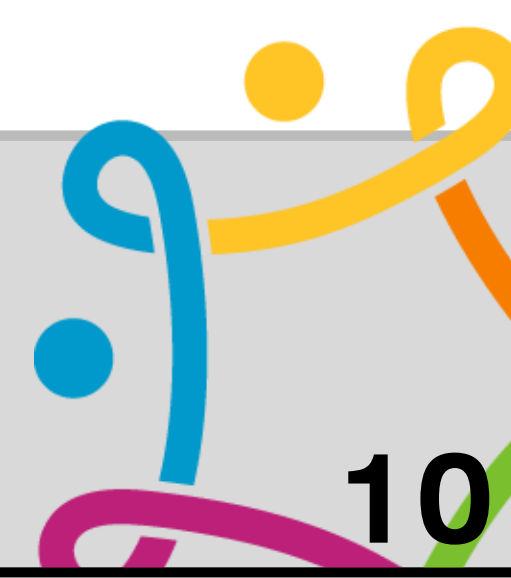
Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com



FALL/WINTER 2022 EXERCISE EDUCATION PROGRAMS:

Zumba	Dates: Oct 13-Mar 9, 2023	Day: THUR	Time: Thur: 9:30am-10:30am: Low Intensity Time: Thur: 11:00am -12:00pm: High Intensity
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program.			
Total Body Conditioning	Dates: Oct 17-Mar 20, 2023, Oct 14-Mar 10, 2023	Day: MON & FRI	Time: Class A: MON:9:00am – 10:00am Class B: MON:10:00am-11:00am Time: Class C: FRI:10:00am – 11:00am Class D: FRI:11:00am-12:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
An integrative exercise class that will work all areas of the body Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.			
Step it Up	Dates: Oct 11-Mar 7, 2022	Day: TUE	Time: 5:45pm-6:30pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206 Entrance B.	
This class incorporates standing and stepping exercises to push your fitness and confidence to the next level.			



NOVEMBER 2022 EXERCISE EDUCATION GROUP PROGRAMS

Chair Yoga	Dates: Oct 13-Mar 9, 2023	Day: THUR	Time: 2:00pm-3:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This class aims to provide the opportunity for everyone to learn basic yoga postures. Chairs are used to accommodate everyone, including those with physical limitations. Yoga goes hand in hand with meditation, which together can improve: stress, concentration, and physical health			
Energize with Exercise	Dates: Oct 13-Mar 9, 2023	Day: THUR	Time: 6:30pm-7:30pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Circuit exercise class with a focus on the prevention and management of chronic conditions. Each circuit involves several exercises that will work the entire body. Aims to improve: balance + Coordination, muscular strength + endurance, and mobility + flexibility.			
Mobility and Endurance	Dates: Oct 18- Dec 6, 2022	Day: TUE	Time: 4:00pm-5:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206 Entrance B.	
Great class for participants who are seeking to move better with a focus on improving chronic disease management or preventing onset. Participants will practice techniques to improve joint mobility, relieve muscle tension, manage and/or prevent pain and injury			
Salsa for Health	Dates: Oct 13-Mar 9, 2023	Day: THUR	Time: 5:15pm-6:15pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Improve your cardiovascular fitness, all while learning the basics of Latin dance! This class tests your limits when it comes to balance, coordination, and most importantly- rhythm!			

*Please let us know if you need any specific accommodations
This flyer is available in an alternative format*

