



Join **ConnectWell Community Health** for one of our
Fall Workshops!

Advance Care Planning: Conversations Worth Having

Make sure your wishes are known by your family, friends and health care providers so they can do their best to honour them.

This 2-part workshop is being offered in partnership with the Hospice Hub.

Monday November 2 & 9

1:30–3pm

**ConnectWell Community Health, 207
Robertson Dr., Lanark**

Fuelling for Exercise

Join Katie, our registered dietician, and learn about what to eat and drink before and after physical activity.

Monday October 19, 1pm

**ConnectWell Community Health
207 Robertson Dr., Lanark**

Weight Training at Home

Tuesday September 29,

1–2:30 pm

Fergusons Falls Hall

This workshop will teach you the basics of weight training with free weights and resistance bands. Leave with a few weight training routines you can do at home.



Community

First Aid and CPR Training

This non-certification CPR and First Aid workshop is aimed at community members who participate in, or volunteer at, community events. Led by Canadian Red Cross First Aid and CPR Instructors, learn the basics to help others in an emergency.

two dates and locations (choose one):

Monday October 5, 12:30–3:30pm

Tatlock Hall

or

Wednesday October 28, 1–4pm

Lanark Village

Registration required for all workshops To register please contact:
613–259–2182 Ext 2306 healthpromotionlanark@connectwell.ca

Forest Therapy Walks

Allow Nature to Support your Well-being



Forest therapy is a slow, guided walk that invites you to connect with nature through your senses, helping reduce stress and promote relaxation.

Registration is required.

We are offering this workshop on three separate days.

Please register for only one date.

Tuesday September 29, 1-3pm

Tuesday October 6, 1-3pm

Tuesday October 13, 1-3pm

Location: Baird Trail, Lanark Highlands

Join Our Team of Volunteer Fitness Instructors

We are looking for community members to help lead classes at community halls across North Lanark. This volunteer opportunity is open to active older adults who have participated in community-based fitness programs.



We provide training, mentorship and support so that you can lead safe, fun classes in the community. Certification is through the Canadian Centre for Activity and Aging.

Help us keep offering great classes in our community!

Call or email Gabe for more information 613-259-2182 ext 2306
gthirlwall@connectwell.ca