



Programs & Workshops

January – March 2025

Our health programs and workshops are **free** for people living in Peterborough city and county. You can sign up online or by calling our program office.

If the program is online, we will use Zoom. After you sign up, we'll send you a Zoom link closer to the date. For in-person programs, come to 185 King St, Suite 500 in Peterborough.

📞 705-740-8020

💻 www.peterboroughfht.com

Anxiety Workshop		2 hour workshop	
Workshop Date(s)	Time	Delivery	Location
Tuesday, January 14, 2025	4:30 – 6:30 pm	Virtual	Zoom
Tuesday, March 4, 2025	9:30 – 11:30 am	In-Person	185 King Street
Blood Sugar Basics		2 hour workshop	
Tuesday, January 7, 2025	2:00 – 4:00 pm	In-person	185 King St, Suite 500
Tuesday, February 11, 2025	9:00 – 11:00 am	Virtual	Zoom
Thursday, March 6, 2025	2:00 – 4:00 pm	In-person	185 King St, Suite 500
Being with Chronic Pain		2 hours weekly for 10 weeks	
Date to be determined. To join the waitlist, please visit online or call.			
Heart Health		2 hour workshop	
Tuesday, January 21, 2025	9:00 – 11:00 am	Virtual	Zoom
Thursday, February 27, 2025	2:00 – 4:00 pm	In-person	185 King St, Suite 500
Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Tuesday, January 7, 2025	9:30 – 11:30 am	In-person	185 King St, Suite 500
Monday, February 24, 2025	1:30 – 3:30 pm	In-person	185 King St, Suite 500
Mindful Eating: Exploring the 'Whys' of Eating Program		2 hours weekly for 6 weeks	
Thursday, Jan 9 – Feb 13, 2025	9:30 – 11:30 am	In-person	185 King St, Suite 500
Thursday, Jan 30 – Mar 6, 2025	2:00 – 4:00 pm	Virtual	Zoom

Mindfulness for Anxiety and Depression		2 hours weekly for 10 weeks	
Workshop Date(s)	Time	Delivery	Location
Wednesday, Jan 8 – Mar 12, 2025	9:30 – 11:30 am	In-person	185 King St, Suite 500
Mindfulness for Stress		2 hours weekly for 10 weeks	
Wednesday, Jan 8 – Mar 12, 2025	1:30 – 3:30 pm	Virtual	Zoom
Mindfulness Tools for Daily Living		2 hours weekly for 4 weeks	
Tuesday, Feb 4 – Feb 25, 2025	4:30 – 6:30 pm	Virtual	Zoom
Monday, Mar 3 – Mar 24, 2025	9:30 – 11:30 am	In-person	185 King St, Suite 500
Talking About Medications		90 minute workshop	
Date to be determined. To join the waitlist, please visit online or call.			
Understanding Sleep and Insomnia		2 hours weekly for 6 weeks	
Tuesday, Feb 4 – Mar 25, 2025 (no class Mar 4 or Mar 18)	1:30 – 3:30 pm	In-person	185 King St, Suite 500

