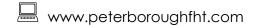


Programs & Workshops January - March 2025

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



Anxiety Workshop		2 hour workshop		
Workshop Date(s)	Time	Delivery	Location	
Tuesday, January 14, 2025 Tuesday, March 4, 2025	4:30 – 6:30 pm 9:30 – 11:30 am	Virtual In-Person	Zoom 185 King Street	
Blood Sugar Basics		2 hour workshop		
Tuesday, January 7, 2025 Tuesday, February 11, 2025 Thursday, March 6, 2025	2:00 – 4:00 pm 9:00 – 11:00 am 2:00 – 4:00 pm	In-person Virtual In-person	185 King St, Suite 500 Zoom 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 Thursday, February 27, 2025	9:00 – 11:00 am 2:00 – 4:00 pm	Virtual In-person	Zoom 185 King St, Suite 500	
Introduction to Sleep and Insomnia Workshop		2 hour workshop		
Tuesday, January 7, 2025 Monday, February 24, 2025	9:30 – 11:30 am 1:30 – 3:30 pm	In-person In-person	185 King St, Suite 500 185 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	

