



Programs & Workshops

April - June 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	Mode	Location
Thursday, May 1, 2025	2:00 – 4:00 pm	Virtual	Zoom
Tuesday, June 24, 2025	9:30 – 11:30 am	In-person	185 King, Suite 500
Blood Sugar Basics		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, April 10, 2025	9:30 – 11:30 am	Virtual	Zoom
Thursday, June 12, 2025	9:30 – 11:30 am	In-person	185 King, Suite 500
Being with Chronic Pain		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Mondays, May 26 – June 30, 2025	2:00 – 4:00 pm	Virtual	Zoom
Heart Health		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, May 8, 2025	9:30 – 11:30 am	In-person	185 King, Suite 500

Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Tuesday, April 8, 2025	1:30 – 3:30 pm	Virtual	Zoom
Thursday, June 5, 2025	2:00 – 4:00 pm	In-person	185 King, Suite 500
Mindfulness for Anxiety and Depression		2 hours weekly for 10 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays, April 2 – June 4, 2025	9:30 – 11:30 am	Virtual	Zoom
Wednesdays, April 23 – June 25, 2025	2:00 – 4:00 pm	In-person	185 King, Suite 500
Understanding Sleep and Insomnia		2 hours weekly for 6 weeks	
Tuesdays, April 15 – June 3, 2025	1:30 – 3:30 pm	In-person	185 King, Suite 500

