





Monday	Tuesday	Wednesday	Thursday
<p><b>The Let's Connect Team would like to wish all our students a happy and healthy 2019-2020 school year!!</b></p> 			
<p>2</p> <p><b>Labour Day Centre Closed</b></p> 	<p>3</p> <p><b>GROW WITH BABY: DUTTON</b> Well baby checks for 0-18 months 10:30am-Noon @ Dutton Library</p> <p><b>NO Cooking Kids in September!</b></p>	<p>4</p> <p><b>NO EARLY ON Playgroup today!</b></p>	<p>5</p>
<p>9</p> <p><b>NO CHILDREN'S FITNESS AGAIN UNTIL OCTOBER!</b></p>	<p>10</p> <p><b>KRAZY KITCHEN (Canning)</b> Adult cooking program with childcare provided. .10:00am-Noon @ WECHC Call ext. 2202 to register.</p> <p><b>TEEN CULINARY Starts again in October! Ext. 2314 to register.</b></p>	<p>11</p> <p><b>EARLY ON Playgroup in West Lorne 10:00-11:30am @ WECHC</b></p> <p><b>*Parent Café: 10:00-11:00am*</b> For caregivers to relax and socialize in a room separate from their children being cared for in playgroup. Call ext. 2314 to register</p>	<p>12</p> <p><b>RODNEY FAIR WEEKEND</b></p> 
<p>16</p> <p><b>NO CHILDREN'S FITNESS AGAIN UNTIL OCTOBER!</b></p>	<p>17</p>	<p>18</p> <p><b>EARLY ON Playgroup in West Lorne 10:00-11:30am @ WECHC</b></p> <p><b>*NO GROW WITH BABY in RODNEY*</b> GWB in Rodney is canceled until further notice due to the changes with Tiny Tots and Early ON. We apologize for the inconvenience.</p>	<p>19</p> <p><b>@ THE KITCHEN TABLE</b> Cooking program for youth ages 10 to 12 to learn to cook independently 4:30pm-6:30pm @ WECHC Call Kristyn x 2314 to register</p>
<p>23</p> <p><b>GROW WITH BABY: WEST LORNE</b> Well baby checks 0-18 months 9:30-11:30am @ WECHC</p>	<p>24</p>	<p>25</p> <p><b>*location change*</b> <b>EARLY ON Playgroup in West Lorne 10:00-11:30am @ West Elgin Support Services</b></p> <p><b>Stroller Walk &amp; Lunch</b> For parents with children under 18 months, in a stroller, to enjoy getting moving with a walk to the park and then enjoy a lunch with other parents.11am-1pm @ WECHC. Registration required, spots limited Please call Cindy ext. 2202</p>	<p>26</p> <p><b>LET'S MOVE AND TALK PREGNANCY</b> Low impact pre-natal fitness program with a hot topic discussion. 5:30 to 6:45 pm call Cindy @ Ext. 2202 to register (requires 4 to run)</p> <p><b>KITCHEN KIDS in partnership with Early ON</b> Cooking program for children ages 2 1/2 to 6 years and their caregivers. 5:30-7:00pm @ WECHC Call ext. 2202 to register</p> <p><b>WALLACETOWN FAIR WEEKEND</b></p> 
<p>30</p>	<p><b>@ the Kitchen Table is changing!!</b> Starting in September @ The Kitchen Table (10-12years) will be held on the 3rd Thursday! In addition, the program will move to monthly registration in order to ensure more 10 to 12 year olds can attend! Call Kristyn at ext. 2314 with any questions or concerns! See the back for changes related to our Kitchen Kids program as well!!</p>		

The "Let's Connect" Team

519-768-1715 www.wechc.on.ca

Debi, Registered Nurse...ext. 2312

Larissa, Registered Dietitian...ext. 2292

Cindy, Registered Early Childhood Educator...ext. 2202

Kristyn, Child and Youth Worker...ext.2314

# WHAT'S HAPPENING?

A newsletter for families with infants and children 0-18 years of age

**THE TEEN CORNER...** Do you have a youth grade 8+ who is interested in being part of the WECHC Youth Advisory Committee?  
Contact Kristyn @ [kmunroe@wehc.on.ca](mailto:kmunroe@wehc.on.ca) or call ext. 2314 for more information!  
ext. 2314 for info!!!



Don't forget to **LIKE** the **West Elgin Community Health Centre's Facebook page** to keep up to date on programming and events!  
Also find us on Instagram @westelginCHC



Let's Move and Talk Pregnancy is back!

FREE 5 week Pre-natal LOW impact fitness with weekly hot topics or "ask what's on your mind"

**Time:** 5:30 - 6:00pm Fitness  
6:15 - 6:45pm Hot Topics

**Dates:** Thursdays (Sept 26 to Oct 24)

**Location:** West Elgin Community Health Centre  
Snacks Provided

**Your Hosts:** Diane (Prenatal Fitness Specialist), Debi (Registered Nurse) and Larissa (Registered Dietitian)

To register for the classes, please contact Debi at 519-768-1715 ex 2312 This program requires a minimum of 4 participants to run.

**Children's Fitness is back!**

**FREE children's physical fitness program in the communities of Dutton, West Lorne and Rodney.**

Children ages 3-6 years of age can come out and enjoy a variety of physical fitness activities that teach fundamental movement skills while fun and interactive.

For more information or to register contact **Stephanie Skelding at 519-768-1715 ext. 2203** or [sskelding@wehc.on.ca](mailto:sskelding@wehc.on.ca)

**\*NEW\* COOKING WITH FRIENDS**

Will run 4 weeks starting October 31st until November 21st from 5:00 pm to 7:00pm

This program will focus on simple tasks in the kitchen, kitchen safety and a social opportunity.

An intake will be required and children may be required to attend with support.

Please contact Kristyn @ ext. 2314 or [kmunroe@wehc.on.ca](mailto:kmunroe@wehc.on.ca) to register or for more information.

**The last Stroller Walk of the year is here!**



**Stroller Walk for September:**

September 25th 2019

11 am to 1 pm

Returning May 2020

Call Cindy @ ext. 2202 to register.

**@ The Kitchen Table**

**Registration open!**

**Moving to the 3rd Thursday.  
Next available September 19th**

**4:30pm-6:30pm**

Youth ages 10 to 12 to learn to cook independently.

10 full-time spots available.

Call ext. 2314 to register

**Krazy Kitchen**

**Next available:**

**September 10th (Salsa)**

**10:00am to 12:00pm (Noon)**

Adults learn to cook and prepare a meal to take home.

Childcare is provided.

Call ext. 2202 to register

**Cookin' Kids**

**Next available:**

**October 1st**

**4:30 to 6:00 pm**

Children ages 7 to 9 prepare a full meal to take home for their family.

Call ext. 2202 to register

**Kitchen Kids**

**Next available:**

**Fall Fiesta—October 24**

**5:30 pm to 7:00 pm**

Children ages 2 1/2 to 6 learn to cook with parent or caregiver.

Call ext. 2202 to register

*We apologize once again for waitlists and we will do our best to accommodate you in a program as early as a spot is available.*



**West Elgin  
Community  
Health Centre**

If you would like to be on the West Elgin Community Health Centre Let's Connect mailing list and receive our monthly newsletter and upcoming events please e-mail: [kmunroe@wehc.on.ca](mailto:kmunroe@wehc.on.ca) or call 519-768-175 ext. 2314 to be added!

**Every  
One  
Matters.**