

## Let's Connect Update

### Seniors and Adults with Disabilities Programs

**Meal on Wheels**  
Deliveries Monday/Wednesday/Friday at the noon meal

**Transportation**  
Providing essential rides only at this time

**FUNctional Fitness**  
Wednesday and Friday at 10:30 a.m.  
Miller Park under the Pavilion

**Parkinson Support Group**  
Running in person the 4th Thursday of every month, 10:30 a.m., HUB

**Acquired Brain Injury Support Group**  
Running in person the 2nd and 4th Tuesday of each month 1- 3 p.m., HUB

**Caring Crafters**  
Running in person every Monday 1:30 - 3:30 p.m. starting August 10th, HUB

**Walk n' Dine**  
Running in person the 2nd Thursday of each month starting August 13th

**Arting Around**  
Wednesday Sept. 9th and Sept. 23rd 10-12, HUB

**Soup's Out**  
Delivery September 15th between 11 a.m. - 1:00 p.m.  
Programs have limited space at this time. Pre-registration is necessary. Please call Shelly at 519-768-1715, Ext. 2210

Guess what Let's Connect families... we are planning to start programming again! Precautions are in place to protect our children, youth and families:

Cookin Kids (starting in October)

Stroller Walk (August, September and October)

Labour and Delivery Classes (Fall 2020)

Grow with Baby (by appt. only at West Elgin CHC)  
Sept. 15, Oct. 20, Nov. 17, Dec. 15

Youth Task Team - Youth Ambassador Meeting (currently in progress)

Virtual Programming - Cooking with Lets Connect Families (starting in September 2020)

Watch for more information on these programs that we are still working on - @ The Kitchen Table, Teen Culinary

Programs on hold at this time include Kitchen Kids, Crazy Kitchen, Parent Cafe and Children's Fitness

For more information visit our Facebook page, website or call a member of the Let's Connect Team at 519-768-1715

The West Elgin Community Health Centre team works with our communities and our partners to provide accessible, high quality health care, health promotion and community support services.

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info@wechc.on.ca  
wechc.on.ca

**HOURS**  
Monday - Friday  
8:30am-4:30pm



Every  
One  
Matters.



**In Control of COPD**

A FREE 8 Week group program to learn more about COPD and ways to relieve breathlessness. Explore ways to feel better with COPD and have your medication and puffer technique checked.

**Starts Thursday, September 17, 2020**  
9:30 a.m. - 11:30 a.m.

Program held at the West Elgin CHC or online via ZOOM  
To register please call 519-768-1715



**Living a Good Life with Chronic Pain**

A FREE 8 Week group program to explore ways to greater wellness with chronic pain. Explore natural strategies for pain control. Learn more about the pros and cons of pain medications.

**Starts Monday, September 14, 2020**  
1:30 p.m. - 3:30 p.m.

Program held at the West Elgin CHC or online via ZOOM  
To register please call 519-768-1715



**Let's Celebrate Pregnancy**

**Labour and Delivery Classes**

Dates for 2020  
Class 1 - Tuesday, September 22nd  
Class 2 - Tuesday, September 29th

(need a minimum of 4 couples to run this program)

6:30 p.m. - 8:30 p.m.- at the Heath Centre  
To register call Debi @519-768-1715 Ext. 2312



**BEFORE COMING TO THE HEALTH CENTRE....  
PLEASE CALL FIRST at 519-768-1715**

The Centre is following provincial directives for gradually re-opening services. For now, coming to the Health Centre continues to be by appointment only please. We will see people in person only if needs cannot be met by telephone or by virtual appointments.

We are doing our best to offer virtual and limited group programs. To stay updated about our programs and services, please call 519-768-1715, Ext. 2400 or press 0 for reception. Visit our website at wechc.on.ca or Facebook page.

**Masks are required at the Health Centre. Please remember to bring your mask, scarf or bandana to cover your face.**

**Hours of Service**  
Monday - Friday 8:30 a.m. - 4:30 p.m.  
The Centre is closed between 12 noon - 1 p.m. daily



Face masks must be worn at all times if attending in person.  
In person space is limited due to physical distancing.