



HAC Health and Wellness Programs

Seated Fitness

Tuesdays 10-10:45am

Gentle Yoga

Wednesday February 8, 2023
3:30-4:30pm

Qigong 24

Wednesday February 15, 2023
2:00-3:00pm

Chair Yoga

Tuesday February 21, 2023
2:00-3:00pm

Tai Chi

Wednesday February 22, 2023
2:00-3:00pm



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Social and Support Programs

Headstrong

Tuesdays
1:30-2:30pm

Grief Support Group

Wednesday February 1, 2023
2:00-3:00pm

Love Letter's and Tea

Tuesday February 14, 2023
1:00-2:00pm



Brunch

Thursday February 16, 2023
10:00-11:00am

Register at 905-768-4488 or
by email at hac@alzda.ca



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Speaker Sessions

Heart Health

With Registered Dietitian
Hannah Leclair
Thursday February 2, 2023
12:00-1:00pm

Exploring the Haldimand Public Library's Programs and Online Resources

With Katrina Krupicz
Thursday February 16, 2023
11:00am-12:00pm

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Find Your Flow with Art

You don't need to be an artist to enjoy art!

In this 7 week series learn about the history of art, art types, expression, flow and more. Hands on experience will follow in March.

Thursday February 2, 2023

Art History 11:00am-12:00pm

Thursday February 9, 2023

Art and Expression 11:00am-12:00pm

Thursday February 23, 2023

How to Find Your Flow 11:00am-12:00pm

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