

## FREE Health and Wellness Programs in Tantallon & Timberlea

### Understanding Pain

- Mon Nov 9<sup>th</sup> 1:30-3:30 at Lakeside Community Centre
- Wed. Dec 2<sup>nd</sup> 1-3 pm Tantallon Library

### Heart Healthy Living – 2 week Program

Wed. Nov 18&25 9:30-11:30 at Lakeside Community Centre

### Food Fads: Fact or Fiction

Wed. Nov 25<sup>th</sup> 1-3pm at Tantallon Library

**To register phone 902-460-4560 option 2**



[www.communityhealthteams.ca](http://www.communityhealthteams.ca) • 902-460-4560

## Free Health and Wellness Programs at J.D Shafford Library

### Building Better Sleep

*Join us for a discussion on how to promote better sleep in your life.*  
Tuesday November 17<sup>th</sup> 1-2:30 pm

### Holiday Eating Survival Guide

*Learn strategies on how to eat better over the holidays and stay active!*  
Thursday December 10<sup>th</sup> 7-8:30 pm

**For more information or to register: (902)-460-4560 option 2**



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