

Programs & Workshops

April – June 2023

Our programs and workshops are available to residents of Peterborough city & county. Please register by visiting our website or calling the Program Office.



705-740-8020



www.peterboroughfht.com

Program / Workshop	Date & Time
Anxiety workshop (PILOT) <i>Offered virtually</i>	Wednesday, April 12 2:00 – 4:00 PM Friday, May 12 10:00 AM – 12:00 PM
Diabetes Prevention workshop <i>Offered in-person* & virtually</i>	* Friday, May 12 2:00 – 4:00 PM Friday, June 23 10:00 AM – 12:00 PM
Heart Health workshop <i>Offered in-person* & virtually</i>	Friday, April 21 10:00 AM – 12:00 PM * Monday, June 12 2:00 – 4:00 PM
Introduction to Sleep & Insomnia <i>Offered virtually</i>	Wednesday, April 12 2:00 – 4:00 PM Friday, May 12 10:00 AM – 12:00 PM
Mindful Eating: Explore the Why's of Eating <i>Offered virtually</i>	Wednesdays May 10 – June 14 2:00 – 4:00 PM
Mindfulness for Stress <i>Offered virtually</i>	Wednesdays April 18 – June 20 1:30 – 3:30 PM
Mindfulness for Anxiety & Depression <i>Offered virtually</i>	Tuesdays May 23 – June 27 1:30 – 3:30 PM
Mindfulness Reconnect <i>Offered virtually</i>	Friday, June 23 9:30 – 11:00 AM Tuesday, April 4 9:30 – 11:00 AM Tuesday, May 16 2:30 – 4:00 AM
Talking About Medications (PILOT) <i>Offered in-person in Lakefield</i>	Wednesday, June 7, 14 & 21 1:00 – 3:00 PM