

# Programs & Workshops

July – September 2024

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Our programs and workshops are available to residents of Peterborough city & county. The in-person programs take place in downtown Peterborough on King Street unless otherwise stated. Please register by visiting our website or calling the Program Office.

Please note that programs and workshops are now **offered in person** unless indicated otherwise. This may change with each schedule.



705-740-8020



[www.peterboroughfht.com](http://www.peterboroughfht.com)

## Program / Workshop

## Date & Time

### Anxiety workshop (*PILOT*)

*\*Offered virtually*

- \*Tuesday, September 24 | 4:30 – 6:30 PM

### Blood Sugar Basics workshop

*\*Offered virtually*

- Monday, July 15 | 1:30 – 3:30 PM
- \*Tuesday, September 17 | 1:30 – 3:30 PM

### Heart Health workshop

*\*Offered virtually*

- \*Tuesday, September 17 | 9:30 – 11:30 AM

### Introduction to Sleep & Insomnia

*\*Offered virtually*

- \*Friday, July 26 | 10:00 AM – 12:00 PM
- Wednesday, September 18 | 2:00 – 4:00 PM

### Mindfulness Tools for Daily Living

*\*Offered virtually*

- \*Mondays  
September 9 – 30 | 2:00 – 4:00 PM

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## Program / Workshop

## Date & Time

Mindfulness Reconnect

*\*Offered Virtually*

You **must register** for the Reconnect you wish to attend. Space is limited.

- Thursday, July 11 | 9:00 – 10:30 AM
- \*Tuesday, July 30 | 1:00 – 2:30 PM
- Thursday, August 15 | 10:30 AM – 12:00 PM
- \*Tuesday, August 27 | 2:30 – 4:00 PM
- Monday, September 23 | 9:00 – 10:30 AM

Talking About Medications

- Thursday, September 19 | 1:00 – 2:30 PM

