

Programs & Workshops

October - December 2025

Our health programs and workshops are **free** for people living in Peterborough city and county. You can sign up online or by calling our program office.

If the program is online, we will use Zoom. After you sign up, we'll send you a Zoom link closer to the date. For in-person programs, come to 185 King St, Suite 500 in Peterborough.

📞 705-740-8020

💻 www.peterboroughfht.com

Anxiety Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, November 13, 2025	9:30 – 11:30 am	In Person	185 King St, Suite 500
Blood Sugar Basics		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Tuesday, October 7, 2025	9:30 – 11:30 am	Virtual	Zoom
Friday, November 7, 2025	9:30 – 11:30 am	In Person	185 King St, Suite 500
Being with Chronic Pain		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays, October 8 – November 12, 2025	2:00 – 4:00 pm	In Person	185 King St, Suite 500
Heart Health		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Tuesday, November 18, 2025	9:30 – 11:30 am	In Person	185 King St, Suite 500
Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location

Monday, November 17, 2025	9:30 – 11:30 am	In Person	185 King St, Suite 500
Understanding Sleep and Insomnia		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Tuesdays, October 7 – November 25, 2025 (No program Nov 4 or 18)	2:00 – 4:00 pm	In Person	185 King St, Suite 500

