



Programs & Workshops

July - September 2026

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

Workshop Date(s)	Time	Mode	Location
Anxiety Workshop		2 hour workshop	
Wednesday, July 29, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500
Thursday, September 17, 2026	10:00 am – 12:00 pm	In Person	185 King St, Suite 500
Blood Sugar Basics		2 hour workshop	
Tuesday, August 11, 2026	9:30 – 11:30 am	In Person	185 King St, Suite 500
Wednesday, September 23, 2026	9:30 – 11:30 am	In Person	185 King St, Suite 500
Heart Health		2 hour workshop	
Wednesday, July 29, 2026	10:00 am – 12:00 pm	In Person	185 King St, Suite 500
Wednesday, September 23, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500
Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Wednesday, August 12, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500
Tuesday, September 22, 2026	1:30 – 3:30 pm	In person	185 King St, Suite 500

