

# COMMUNITY WELLNESS SERIES FEB 17 - 27, 2026

**TO REGISTER FOR WORKSHIPS VISIT:**

**[WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/PROGRAMS/COMMUNITY-WELLNESS](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/PROGRAMS/COMMUNITY-WELLNESS)**



<b>BELLY DANCING</b>	<b>8:00 AM - 9:00 AM</b>	<b>DIABETES INFO SESSION</b>	<b>9:00 AM - 10:00 AM</b>
<b>TUESDAY FEBRUARY 17, 2026</b>	<b>FITNESS STUDIO</b>	<b>THURSDAY FEBRUARY 19, 2026</b>	<b>MILLBROOK A STACEY</b>
<b>PARTNER STRETCH</b>	<b>9:00 AM - 10:00 AM</b>	<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>
<b>TUESDAY FEBRUARY 17, 2026</b>	<b>MILLBROOK B ADRIAN</b>	<b>THURSDAY FEBRUARY 19, 2026</b>	<b>WALKING TRACK STACEY &amp; JOECY</b>
<b>TAKE CHARGE OF YOUR HEALTH</b>	<b>9:00 AM - 10:00 AM</b>	<b>MEAL PLANNING &amp; RECIPE INSPIRATION</b>	<b>11:30 AM - 12:30 PM</b>
<b>TUESDAY FEBRUARY 17, 2026</b>	<b>MILLBROOK A STACEY &amp; JOECY</b>	<b>THURSDAY FEBRUARY 19, 2026</b>	<b>MILLBROOK A YUE</b>
<b>BP/BG SCREENING/ LOGBOOKS/INFO</b>	<b>10:00 AM - 11:00 AM</b>	<b>BELLY DANCING</b>	<b>8:00 AM - 9:00 AM</b>
<b>TUESDAY FEBRUARY 17, 2026</b>	<b>MILLBROOK B STACEY</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>FITNESS STUDIO</b>
<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>	<b>SENIOR WELLNESS PROGRAM</b>	<b>9:00 AM - 10:00 AM</b>
<b>TUESDAY FEBRUARY 17, 2026</b>	<b>WALKING TRACK JOECY</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>MILLBROOK A STACEY &amp; JOECY</b>
<b>EAT WELL, AGE WELL</b>	<b>11:30 AM - 12:30 PM</b>	<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>
<b>TUESDAY FEBRUARY 17, 2026</b>	<b>MILLBROOK A YUE</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>WALKING TRACK STACEY &amp; JOECY</b>
<b>WEIGHT MANAGEMENT INFO SESSION</b>	<b>9:00 AM - 10:00 AM</b>	<b>MAKING SENSE OF BABY SLEEP WHAT'S NORMAL, WHAT'S NOT &amp; WHAT HELPS</b>	<b>10:00 AM - 11:00 AM</b>
<b>WEDNESDAY FEBRUARY 18, 2026</b>	<b>MILLBROOK A STACEY</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>MILLBROOK A STACEY &amp; JOECY</b>
<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>	<b>SEATED SENIOR FITNESS</b>	<b>10:30 AM - 11:00 AM</b>
<b>WEDNESDAY FEBRUARY 18, 2026</b>	<b>WALKING TRACK STACEY &amp; JOECY</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>MILLBROOK A ADRIAN</b>
<b>SEATED SENIOR FITNESS</b>	<b>10:30 AM - 11:00 AM</b>	<b>MAKING THE MOST OF YOUR FOOD DOLLAR</b>	<b>11:30 AM - 12:30 PM</b>
<b>WEDNESDAY FEBRUARY 18, 2026</b>	<b>MILLBROOK A ADRIAN</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>MILLBROOK A YUE &amp; MARY</b>
<b>COOKING FOR ONE</b>	<b>11:30 AM - 12:30 PM</b>	<b>TRAUMA &amp; GRIEF</b>	<b>1:00 PM - 2:00 PM</b>
<b>WEDNESDAY FEBRUARY 18, 2026</b>	<b>MILLBROOK A YUE</b>	<b>FRIDAY FEBRUARY 20, 2026</b>	<b>MILLBROOK A MARY</b>
<b>PRENATAL CLASS</b>	<b>1:30 PM - 2:30 PM</b>		
<b>WEDNESDAY FEBRUARY 18, 2026</b>	<b>MILLBROOK A</b>		
<b>PARTNER STRETCH</b>	<b>5:30 PM - 6:30 PM</b>		
<b>WEDNESDAY FEBRUARY 18, 2026</b>	<b>FITNESS STUDIO</b>		

IN PARTNERSHIP WITH



**\*SCHEDULE SUBJECT TO CHANGE  
SEE NEXT PAGE FOR WEEK 2 ►►**

# COMMUNITY WELLNESS SERIES FEB 17 - 27, 2026



<b>GROWING, HARVESTING &amp; PRESERVING FOOD</b>	<b>9:00 AM - 10:00 AM</b>	<b>DIABETES PROGRAMMING</b>	<b>9:00 AM - 10:00 AM</b>
<b>MONDAY FEBRUARY 23, 2026</b>	<b>MILLBROOK A</b> STACEY & JOECY	<b>WEDNESDAY FEBRUARY 25, 2026</b>	<b>MILLBROOK B</b> STACEY
<b>NURSE PRACTITIONER CLINIC</b>	<b>10:00 AM - 11:00 AM</b>	<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>
<b>MONDAY FEBRUARY 23, 2026</b>	<b>MILLBROOK B</b> KASEY RN & TIRZAH	<b>WEDNESDAY FEBRUARY 25, 2026</b>	<b>WALKING TRACK</b> STACEY & JOECY
<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>	<b>SEATED SENIOR FITNESS</b>	<b>10:30 AM - 11:00 AM</b>
<b>MONDAY FEBRUARY 23, 2026</b>	<b>WALKING TRACK</b> STACEY & JOECY	<b>WEDNESDAY FEBRUARY 25, 2026</b>	<b>MILLBROOK B</b> ADRIAN
<b>FOOD &amp; MOOD</b>	<b>11:30 AM - 12:30 PM</b>	<b>DEBUNKING NUTRITION MYTHS SESSION 1</b>	<b>11:30 AM - 12:30 PM</b>
<b>MONDAY FEBRUARY 23, 2026</b>	<b>MILLBROOK A</b> CAROLYN & MARY	<b>WEDNESDAY FEBRUARY 25, 2026</b>	<b>MILLBROOK B</b> STACEY & JOECY
<b>ADHD SUPPORT</b>	<b>1:00 PM - 2:00 PM</b>	<b>SENIOR'S WELLNESS PROGRAM</b>	<b>9:00 AM - 10:00 AM</b>
<b>MONDAY FEBRUARY 23, 2026</b>	<b>MILLBROOK A</b> MARY & KAMLA	<b>THURSDAY FEBRUARY 26, 2026</b>	<b>MILLBROOK B</b> STACEY & JOECY
<b>BELLY DANCING</b>	<b>8:00 AM - 9:00 AM</b>	<b>SENIOR'S SOCIAL HOUR</b>	<b>10:00 AM - 11:00 AM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>FITNESS STUDIO</b>	<b>THURSDAY FEBRUARY 26, 2026</b>	<b>MILLBROOK B</b> STACEY & JOECY
<b>VIAL OF LIFE PROGRAM</b>	<b>9:00 AM - 10:00 AM</b>	<b>DEBUNKING NUTRITION MYTHS SESSION 2</b>	<b>11:30 AM - 12:30 PM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>MILLBROOK A</b> STACEY	<b>THURSDAY FEBRUARY 26, 2026</b>	<b>MILLBROOK B</b> YUE
<b>PARTNER STRETCH</b>	<b>9:00 AM - 10:00 AM</b>	<b>STRATEGIES TO MANAGE WEIGHT &amp; GOAL SETTING</b>	<b>9:00 AM - 10:30 AM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>MILLBROOK B</b> ADRIAN	<b>FRIDAY FEBRUARY 27, 2026</b>	<b>MILLBROOK A</b> STACEY
<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>	<b>WELLNESS WALK/ MOVEMENT ACTIVITY</b>	<b>10:00 AM - 11:00 AM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>WALKING TRACK</b> STACEY & JOECY	<b>FRIDAY FEBRUARY 27, 2026</b>	<b>WALKING TRACK</b> STACEY & JOECY
<b>COMMUNITY GRIEF CONVERSATION</b>	<b>10:30 AM - 12:30 PM</b>	<b>SEATED SENIOR FITNESS</b>	<b>10:30 AM - 11:00 AM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>MILLBROOK B</b>	<b>FRIDAY FEBRUARY 27, 2026</b>	<b>MILLBROOK A</b> ADRIAN
<b>LABEL READING</b>	<b>11:30 PM - 12:30 PM</b>	<b>FOOD &amp; MOOD</b>	<b>11:30 AM - 12:30 PM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>MILLBROOK A</b> YUE	<b>FRIDAY FEBRUARY 27, 2026</b>	<b>MILLBROOK A</b> MARY & YUE
<b>INFANT FEEDING CLASS (Q&amp;A)</b>	<b>2:00 PM - 3:00 PM</b>	<b>SENIOR'S GRANTS &amp; RESOURCES</b>	<b>1:00 PM - 2:00 PM</b>
<b>TUESDAY FEBRUARY 24, 2026</b>	<b>MILLBROOK A</b>	<b>FRIDAY FEBRUARY 27, 2026</b>	<b>MILLBROOK A</b> MARY
<b>TO REGISTER FOR WORKSHOPS VISIT:</b> <a href="https://ratheastlinkcommunitycentre.ca/programs/community-wellness">RATHEASTLINKCOMMUNITYCENTRE.CA/PROGRAMS/COMMUNITY-WELLNESS</a>		<b>BELLY DANCING</b>	<b>5:30 PM - 6:30 PM</b>
		<b>FRIDAY FEBRUARY 27, 2026</b>	<b>FITNESS STUDIO</b>