

FREE COMMUNITY WELLNESS SERIES

FEBRUARY 17TH TO 27TH, 2026



*SCHEDULE SUBJECT TO CHANGE

TUESDAY FEBRUARY 17, 2026

MIDDLE EASTERN BELLY DANCING

8:00 AM - 9:00 AM • FITNESS STUDIO
LED BY ALEXANDRA

PARTNER STRETCH

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED BY ADRIAN

TAKE CHARGE OF YOUR HEALTH

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED STACEY & JOECY

BP/BG SCREENING/ LOGBOOKS / INFO

10:00 AM - 11:00 AM • MILLBROOK B ROOM
LED BY STACEY

WELLNESS WALK/ MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED JOECY

EAT WELL, AGE WELL

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY YUE

WEDNESDAY FEBRUARY 18, 2026

WEIGHT MANAGEMENT INFO SESSION

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED BY STACEY

ADAPTIVE AIDS

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED BY JOECY

WELLNESS WALK/ MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

SEATED SENIOR FITNESS

10:30 AM - 11:00 AM • MILLBROOK A ROOM
LED BY ADRIAN

COOKING FOR ONE

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY YUE

PRENATAL CLASS

1:30 PM - 2:30 PM • MILLBROOK A ROOM
PRESENTED BY WOMEN & CHILDREN'S HEALTH TEAM
AT THE TRURO HOSPITAL

PARTNER STRETCH

5:30 PM - 6:30 PM • FITNESS STUDIO
LED BY ADRIAN

TO REGISTER FOR WORKSHOPS VISIT:

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WELLNESS

THURSDAY FEBRUARY 19, 2026

DIABETES INFO SESSION

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED BY STACEY

GOAL SETTING

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED BY JOECY

WELLNESS WALK / MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

MEAL PLANNING & RECIPE INSPIRATION

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY YUE

FRIDAY FEBRUARY 20, 2026

SENIOR WELLNESS PROGRAM

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED BY STACEY & JOECY

WELLNESS WALK / MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

MAKING SENSE OF BABY SLEEP: WHAT'S NORMAL, WHAT'S NOT & WHAT HELPS

10:00 AM - 11:00 AM • MILLBROOK B ROOM
PRESENTED BY ASHLEY AT BIRTHBABYSLEEP.CA

SEATED SENIOR FITNESS

10:30 AM - 11:00 AM • MILLBROOK A ROOM
LED BY ADRIAN

MAKING THE MOST OF YOUR FOOD DOLLAR

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY YUE & MARY

TRAUMA & GRIEF

1:00 PM - 2:00 PM • MILLBROOK A ROOM
LED BY MARY

MIDDLE EASTERN BELLY DANCING

5:30 PM - 6:30 PM • FITNESS STUDIO
LED BY ALEXANDRA

MONDAY FEBRUARY 23, 2026

GROWING, HARVESTING & PRESERVING FOOD

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED BY STACEY & CAROLYN

GOAL SETTING

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED BY JOECY

NURSE PRACTITIONER CLINIC

10:00 AM - 11:00 AM • MILLBROOK B ROOM
LED BY KASEY RN & TIRZAH

WELLNESS WALK / MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

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MONDAY FEBRUARY 23, 2026

FOOD & MOOD

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY CAROLYN & MARY

ADHD SUPPORT

1:00 PM - 2:00 PM • MILLBROOK A ROOM
LED BY MARY & KAMLA

GRIEF: MANAGING SELF-CARE & BOUNDARIES

3:30 PM - 4:30 PM • MILLBROOK A ROOM
PRESENTED BY NZ GRIEF & CHOLCHESTER HOSPICE

TUESDAY FEBRUARY 24, 2026

MIDDLE EASTERN BELLY DANCING

8:00 AM - 9:00 AM • FITNESS STUDIO
LED BY ALEXANDRA

FALL PREVENTION

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED JOECY & HOLLY

PARTNER STRETCH

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED ADRIAN

WELLNESS WALK / MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

COMMUNITY GRIEF CONVERSATION

10:30 AM - 12:30 PM • MILLBROOK B ROOM
PRESENTED BY NORTHERN ZONE GRIEF PROGRAM

LABEL READING

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY YUE

VIAL OF LIFE PROGRAM

1:00 PM - 2:00 PM • MILLBROOK A ROOM
LED BY STACEY

INFANT FEEDING CLASS (Q & A)

2:00 PM - 3:00 PM • MILLBROOK A ROOM
PRESENTED BY WOMEN & CHILDREN'S HEALTH TEAM
AT THE TRURO HOSPITAL

WEDNESDAY FEBRUARY 25, 2026

DIABETES PROGRAMMING

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED BY STACEY

WELLNESS WALK/ MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

TO REGISTER FOR WORKSHOPS VISIT:

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WELLNESS

WEDNESDAY FEBRUARY 25, 2026

SEATED SENIOR FITNESS

10:30 AM - 11:00 AM • MILLBROOK B ROOM
LED ADRIAN

DEBUNKING NUTRITION MYTHS (SESSION 1)

11:30 AM - 12:30 PM • MILLBROOK B ROOM
LED BY YUE

PARTNER STRETCH

5:30 PM - 6:30 PM • FITNESS STUDIO
LED BY ADRIAN

THURSDAY FEBRUARY 26, 2026

SENIOR'S WELLNESS PROGRAM

9:00 AM - 10:00 AM • MILLBROOK B ROOM
LED BY STACEY & JOECY

SENIOR'S SOCIAL HOUR

10:00 AM - 11:00 AM • MILLBROOK B ROOM
LED BY STACEY & JOECY

DEBUNKING NUTRITION MYTHS (SESSION 2)

11:30 AM - 12:30 PM • MILLBROOK B ROOM
LED BY YUE

EMPOWERED BIRTH: DOULAS, ADVOCACY & EVIDENCE-BASED CARE

12:00 PM - 1:00 PM • MILLBROOK A ROOM
PRESENTED BY WANDA COX FROM GRACEFUL BEGINNINGS

THE POWER OF TOUCH: INFANT MASSAGE FOR BABIES & THEIR BRAINS

1:30 PM - 2:30 PM • MILLBROOK A ROOM
PRESENTED BY WANDA COX FROM GRACEFUL BEGINNINGS

LOWER BACK PAIN PREVENTION

2:30 PM - 3:00 PM • MILLBROOK B ROOM
PRESENTED BY CAPTURE THERAPEUTICS

FRIDAY FEBRUARY 27, 2026

STRATEGIES TO MANAGE WEIGHT & GOAL SETTING

9:00 AM - 10:00 AM • MILLBROOK A ROOM
LED BY STACEY

WELLNESS WALK/ MOVEMENT ACTIVITY

10:00 AM - 11:00 AM • WALKING TRACK
LED BY STACEY & JOECY

SEATED SENIOR FITNESS

10:30 AM - 11:00 AM • MILLBROOK A ROOM
LED BY ADRIAN

EAT WELL, AGE WELL (PART 2)

11:30 AM - 12:30 PM • MILLBROOK A ROOM
LED BY MARY & YUE

SENIOR'S GRANTS & RESOURCES

1:00 PM - 2:00 PM • MILLBROOK A ROOM
LED BY MARY

MIDDLE EASTERN BELLY DANCING

5:30 PM - 6:30 PM • FITNESS STUDIO
LED BY ALEXANDRA

