

# 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 WORKSHIPS VISIT:**

[WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/WELLNESS](http://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  
LED BY WOMEN & CHILDREN'S HEALTH TEAM AT THE TRURO HOSPITAL

### 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

## 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

### FOOD & MOOD

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

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