

Upcoming Living Well Workshops

Workshop Type	Date	Host and Location	Accepting Registrants	Contact Information
Diabetes	Tuesdays Aug 1 - Sep 5 1:30PM - 4:00PM	North Hastings Family Health Team 1P Manor Lane, Box 418, Bancroft	YES	613 332 5692 x 231
Chronic Disease	Wednesdays Aug 2 - Sep 6 5:30PM - 8:00PM	Gateway Community Health Centre 41 McClellan Street, Bag # 99, Tweed	YES	Christine Lee at 613-478-1211 ext. 228
Online Chronic Disease	Mondays Aug 14 - Sep 18 TBD	,	YES	https://ontario.enroll.selfmanage.org/
Chronic Pain	Wednesdays Sep 6 - Oct 11 1:00PM - 3:30PM	North Hastings Family Health Team 1P Manor Lane, Box 418, Bancroft	YES	Angela Rail at 613-332-5692 ext. 231
Chronic Pain	Wednesdays Sep 13 - Oct 18 2:00PM - 4:30PM	Gateway Community Health Centre 41 McClellan Street, Bag # 99, Tweed	YES	Christine Lee at 613-478-1211 ext. 228
Chronic Disease	Thursdays Sep 14 - Oct 19 1:30PM - 4:00PM	Napanee and Area Community Health Centre (Part of Kingston Community Health Centres) 26 Dundas Street West, Napanee	YES	Jennifer at 613-888-6183.
Chronic Pain	Tuesdays Sep 26 - Oct 31 1:30PM - 4:00PM	Seniors Association Kingston Region 56 Francis Street, Kingston	YES	613-548-7810
Chronic Pain	Wednesdays Oct 4 - Nov 8 10:00AM - 12:30PM	Country Roads Community Health Centre 4319 Cove Road at Hwy 15, Box 58, Portland	YES	613-272-3302

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Chronic Disease	Wednesdays Oct 4 - Nov 8 6:30PM - 9:00PM	Country Roads Community Health Centre - Westport Site 79 Bedford Street Suite #1, Westport	YES	613-272-3302
Chronic Disease	Tuesdays Oct 17 - Nov 21 9:30AM - 12:00PM	,	YES	Liz at 613-531-5888 ext.1107