



# Brock Community Health Centre Virtual Programs

720 Simcoe Street, Beaverton L0K 1A0  
705.432.3322 | [www.brockchc.ca](http://www.brockchc.ca)

May 2022

| Program/Activity   | Day/Time                                       | Registration   |
|--|--|--|
| <b>Chair Yoga</b><br>A gentle form of yoga that can help reduce tension and improve mindfulness and positive movement.   | Mondays and Wednesdays<br>9:00 am              | <a href="mailto:jjosephson@brockchc.ca">jjosephson@brockchc.ca</a> |
| <b>Country Line Dancing</b><br>This instructor-led line dancing class welcomes new and practicing line dancers to learn some fun line dances or just come for the great exercise and laughter. Music is not limited to Country — dance to Top 40, Hip Hop, Ballroom, Blues, Funk, Latin, Irish, Swing and much more.   | Mondays and Wednesdays<br>10:00 am             | <a href="mailto:lfheaslip@brockchc.ca">lfheaslip@brockchc.ca</a>   |
| <b>Guided Meditation</b><br>Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness.   | Fridays<br>10:00 am                            | <a href="mailto:lfheaslip@brockchc.ca">lfheaslip@brockchc.ca</a>   |
| <b>Kids in the Kitchen</b><br>Tune in live to watch an engaging cooking demonstration with Abby Harper, Youth and Community Health Worker. All youth ages 8-14 are invited to watch by themselves or with a parent/guardian. (Younger youth are welcome but with parental supervision.) Programs run for 4 weeks.  | Thursdays<br>5:00 pm<br>April 14 – May 5, 2022 | <a href="mailto:aharper@brockchc.ca">aharper@brockchc.ca</a>       |
| <b>Life is Like a Box of Chocolates</b><br>Did you know that singing reduces stress levels, stimulates immune system, improves lung function, improves mood, increases pain tolerance, and develops a sense of belonging and connection? Sing along with Alan Ely at his monthly virtual concerts.   | Friday, May 20, 2022<br>2:00 pm                | <a href="mailto:lfheaslip@brockchc.ca">lfheaslip@brockchc.ca</a>   |
| <b>Mindfulness – A Practice</b><br>Mindfulness is the ability to hold your awareness in the present moment. Many of us navigate through our day on autopilot – lost in thought(s), and sometimes not paying attention to what we are doing. Research has shown that mindful practices can help reduce stress and anxiety for people living with a variety of body and mind conditions. In this class, we will be practicing present moment awareness through breath work, body scan, gentle movement and seated meditations. | Thursdays<br>2:00 pm                           | <a href="mailto:lfheaslip@brockchc.ca">lfheaslip@brockchc.ca</a>   |
| <b>Moving and Grooving</b><br>Join Karen, certified Zumba and Zumba Gold instructor, for a weekly fun and effective cardio-based workout. Choreographed to popular music of the 60's and 70's, and designed for those seeking a lower impact fitness class,  | Mondays at 2:00 pm<br>Wednesdays at 1:00 pm    | <a href="mailto:jjosephson@brockchc.ca">jjosephson@brockchc.ca</a> |

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| Moving and Grooving is the perfect choice for Older Adults of any fitness level. The class requires no equipment, the moves are simple, and no previous dance experience is needed. |                                   |                        |
| <b>Seniors Gentle Fit</b><br>Low impact gentle fit classes created as part of the Falls Prevention programming.   | Tuesdays and Thursdays<br>9:30 am | jjosephson@brockchc.ca |

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