



# Safe Self Care Workshops 2019

Clients, Caregivers & Family Members are Welcome

**SESSIONS ARE FREE (kits included)**

Wed, Feb 13	Hamilton Mountain	1:00 - 3:00 pm
Wed, Mar 13	Stoney Creek	3:30 – 5:30 pm
Tues, Mar 19	NHCHC Main Site PLUS DIABETES SESSION with Nurse	1:30 - 3:30 pm
Thurs, Mar 28	Hamilton Mountain	10:00 am - noon
Tues, May 7	Hamilton Mountain	10:00 am - noon
Wed, June 5	Hamilton Mountain	1:00 - 3:00 pm
Tues, June 18	NHCHC Main Site PLUS DIABETES SESSION with Nurse	1:30 - 3:30 pm
Tues, July 9	Hamilton Mountain	10:00 am - noon
Wed, July 17	Stoney Creek	3:30 – 5:30 pm
Tues, Sept 24	Hamilton Mountain	1:00 - 3:00 pm
Tues, Oct 15	NHCHC Main Site PLUS DIABETES SESSION with Nurse	1:30 - 3:30 PM
Thurs, Oct 24	Hamilton Mountain	10:00 - noon
Wed, Nov 13	Hamilton Mountain	9:30 – 11:30 am
Wed, Nov 13	Stoney Creek	3:30 – 5:30 pm
Tues, Dec 3	Hamilton Mountain	1:00 - 3:00 pm

**To pre-register please call : 905 523-0090**

**North Hamilton Community Health Centre - Main Site**

438 Hughson Street North

**Hamilton Mountain Satellite Clinic**

1221 Limeridge Road East

**Stoney Creek Satellite Clinic**

New Village Retirement Home  
490 Hwy #8 – 1st Floor Room 104

Services Provided by :



**Burlington Satellite Clinic**

Joseph Brant CHC  
1182 Northshore Blvd – Room B16

Take your health into your own hands, safely and effectively!

