

MON	TUES	WED	THURS	FRI
				1
4 Advisory Council Meeting 12:30-2:15 pm Zumba 12:30-1:00 pm	5 Community Lunch 12:00-1:00 pm	6 Yoga 1:30-2:30 pm	7 Community Lunch 12:00-1:00 pm *Parenting Plus (SUR) 11:00-1:00pm	8
11 Zumba 12:30-1:00 pm Yoga 1:30-2:30 pm	12 Community Lunch 12:00-1:00 pm *Boundaries- Life Skills Learning through the Arts (SUR) 2:00-4:00 pm	13 *QuitCore (SUR) 1:30-3:00 pm Yoga 1:30-2:30 pm	14 Community Lunch 12:00-1:00 pm *Parenting Plus (SUR) 11:00-1:00pm	15 PALS Pets 1:30-2:30 pm
18 *Story Circle (SUR) 10:30-12:00 pm Zumba 12:30-1:00 pm Yoga 1:30-2:30 pm	19 Community Lunch 12:00-1:00 pm *Boundaries- Life Skills Learning through the Arts (SUR) 2:00-4:00 pm	20 Yoga 11:00-12:00 pm Lunch with the Doc Noon *QuitCore (SUR) 1:30-3:00 pm *The Art of Friendship (SUR) 2:00-4:00 pm	21 *Parenting Plus (SUR) 11:00-1:00pm Community Lunch 12:00-1:00 pm *Healthy Meals on a Budget (SUR) 2:00-4:00 pm	22
25 Zumba 12:30-1:00 pm Yoga 1:30-2:30 pm	26 Community Lunch 12:00-1:00 pm *Boundaries- Life Skills Learning through the Arts (SUR) 2:00-4:00 pm	27 Yoga 11:00-12:00 pm Lunch with the Doc Noon *QuitCore (SUR) 1:30-3:00 pm *The Art of Friendship (SUR) 2:00-4:00 pm	28 Community Lunch 12:00-1:00 pm *Parenting Plus (SUR) 11:00-1:00pm *Healthy Meals on a Budget (SUR) 2:00-4:00 pm	29

Mondays

Zumba 12:30 – 1:00 pm: Come dance your stress out and get fit, in a chair or on your feet!
Drop-in, all levels and everyone welcome.

Yoga 1:30-2:30 pm

Relax and reduce stress by focusing on breathing, balance & stretching.
Drop-in, all levels and everyone welcome.

Tuesdays

Boundaries- Life Skills Learning through the Arts March 12 to April 23, 2:00 – 4:00 pm

Do you find it hard to put your own needs first? This 7-week program focusses on building skills for better boundaries, relationships, and self-care through art, writing, movement, and group discussions.
To register please contact Brandy
(403) 617-4552 or bbasisty@thealex.ca

Wednesdays

Yoga

March 6 and March 13, 1:30 – 2:30 pm

March 20 and March 27, 11:00 - 12:00 pm

Relax and reduce stress by focusing on breathing, balance & stretching.
Drop-in, all levels and everyone welcome.

Lunch with the Doc

March 20 & 27, 12:00-1:00 pm

Join Dr. Berlin for a healthy lunch, and some light conversation. Meet at the **Community Food Centre** or catch a ride from the Family Clinic at noon.
Drop-in, everyone welcome.

QuitCore

March 13 – April. 17, 10:00 am - 11:30 pm

A free, 6-week tobacco cessation program. Participants qualify for a \$500 Blue Cross card towards tobacco cessation products.
To register call 1-866-710-QUIT (7848).

The Art of Friendship

March 20-May 8, 2:00 - 4:00 pm

Strong friendships can make us feel valued and respected, but they take work. This course will help you learn about yourself, and build more confidence to help you achieve your relationship goals.
To register please contact Brandy
(403) 617-4552 or bbasisty@thealex.ca

Thursdays

Parenting Plus

11:00 am - 1:00pm

A parenting class for pregnant and parenting youth and their partners— age 24 and under (and babies up to the age of 1 year).

To register call Emily at (403) 470-1048

Healthy Meals on a Budget

March 14- April 25, 2:00-4:00 pm

A 7-week cooking program for anyone interested in learning how to shop for, and prepare nutritious food on a limited budget. Participants are able to take food home that they have prepared.

To register please contact Brandy
(403) 617-4552 or bbasisty@thealex.ca

Monthly Programs & Events

Story Circle, A Women's Writing Group

March 18, 10:30 am – 12:00 pm

A registered program for women and those who identify as female to express themselves through creative writing. No previous writing experience needed. This class is normally every other Monday.

To register please contact Brandy
(403) 617-4552 or bbasisty@thealex.ca

CommuniTree Advisory Council

March 4, 12:30 - 2:15 pm

A group of committed community members from The Alex Family Clinic. No specific experience required, but there is an application process.

To register please contact Brandy
(403) 617-4552 or bbasisty@thealex.ca

PALS Pet Therapy

March 15, 1:30 - 2:30 pm

Spend some time with therapy animals and improve your well-being! Drop-in, everyone welcome.