



UPCOMING PROGRAMS @ OCCHC



Oxford County
Community Health Centre

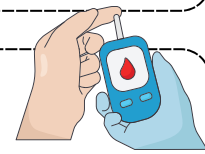
Crafts and Chats with Sarah



- **When: Thursday March 6 & 13th 10:30-12:00**

Come get creative with different crafts provided each session or bring your own project to work on! This is a fun, inclusive space for all; art enthusiasts of every level welcomed.

It Takes 2- Diabetes Group with Natalie and Danielle



- **When: March 6th @ 2-3 pm**

Come join Natalie, NP and Danielle, RD, to discuss Type 2 Diabetes. This month we will discuss glucose monitoring and eating out.

Queer Conversations with Sarah

- **When: March 11th @ Woodstock Library @ 630-8 pm**
- Join Sarah in an inclusive space for 2SLGBTQIA+ folks.
- *No registration required for this group



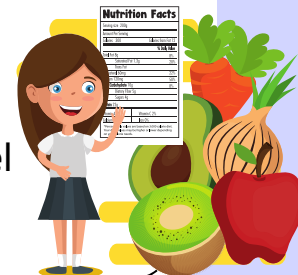
Eating for your health: Glorious Greens with Danielle

- **When: March 17 @ 130- 3 in the kitchen**
- To celebrate St. Patrick's Day we will be cooking something gloriously green together



Label Reading 101 with Danielle

- **When: Friday March 21 @ 1:30-3pm**
- This will be a make up class for our snowed out session on label reading in February with Danielle



To register for any program please call the OCCHC at 519-539-1111.

All programs are at the OCCHC 35 Metcalf St unless otherwise posted