



THE LEAF



FALL 2025



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living

UPCOMING FREE PROGRAMS

Menopause and Bones & Joints

- September 23 from 6:00pm- 7:30pm
- Where: 3 Doors Down: 1273 Concession Road, Cambridge, ON

Perimenopause Unveiled: 6 Week Program

- October 14- November 18 from 6:00pm- 7:30pm
- Where: 3 Doors Down: 1273 Concession Road, Cambridge, ON

Getting the Most from your Healthcare Appointment

- September 15 from 10:00am- 11:30am
- Where: Langs CHC: 1145 Concession Road, Cambridge, ON
- Room E105



Contact us: 519-947-1000 ext 255

@WWSelfmanage @wwselfmanagement

Boundaries & Beyond 2- Adult Women's Program

A second session that focuses on your own personal growth within your connections and relationships of any kind. New participants are welcome. This program will review some important pieces from the last session, along with a new focus on setting boundaries with others around you.

Days: Thursdays, Sept. 18 to Nov. 6 2025, 8 week program

Time: 10:00 am - 12:00 noon

Location: 1273 Concession Rd - 3 Doors Down

Cost: \$2.00 per person. Pre-registration required.

Fall Clothing Giveaway

Come bring your family and friends to the free Clothing Giveaway!

Date: Monday, November 3, 2025

Time: 4:00 - 6:30 pm

*Clothing donations are welcome ONLY from October 20 - 31.

Please drop off at main reception.



Langs CHC &
The HUB@1145

1145 Concession Road
Cambridge N3H 4L5
519-653-1470



Diabetes Education
Program Waterloo Region

1145 Concession Road
Cambridge N3H 4L5
519-653-1470 Ext. 285



North Dumfries CHC &
The Hub@2958

2958 Greenfield Road
Ayr N0B 1R0
519-632-1229



Grow Community Centre

1 Groh Avenue
Cambridge N3C 1Y6
519-248-4769



Regional Coordination
Centre

6-150 Pinebush Road
Cambridge N1R 8J8
519-947-1000

THE LEAF



NEWSLETTER

FALL 2025



Fall Into Healthy Habits

As the leaves change and routines return, fall is a good time to check in on your health goals. Whether you're managing a condition like diabetes or trying to prevent one, small changes this season can help.

Autumn offers plenty of delicious, local produce such as apples, squash, carrots, cabbage and sweet potatoes that are packed with fibre, vitamins, and minerals. Try roasting root vegetables, making hearty soups, or baking apple slices with cinnamon for a cozy, healthy fall treat.

Shorter days and cooler weather can make it harder to stay active, but movement is still important. Rake the leaves, take a walk after dinner, or explore a local trail to enjoy the crisp air and fall colours. Every bit counts!

Fall is also a good time to think about your daily habits. Are you eating regular meals? Drinking enough water? Getting enough sleep?

Small, steady habits can really help your energy, mood, and blood sugar. Let this season be a fresh start for your wellbeing.

Naomi, Dietetic Intern
Langs



WHAT'S INSIDE

- Adult and Youth Programs
- Free Wellness Workshops
- Fall Clothing Giveaway



Early Years - Start date Oct. 9th
8 week drop-in program

Little Jumping Beans

An interactive program for children aged 0-6 years old and their parent(s) or caregiver(s) to play, communicate, and learn together. A weekly drop-in program in the gym at Langs with a focus on using fine motor skills through play and will also have some time for singing and story times!

Please bring socks or indoor shoes for the gym area.

Day: Thursdays
Starts: Oct. 9 - Nov. 27, 2025
Time: 9:30 am - 11:00 am
Cost: \$2.00 per week
Contact Tammy at 519-653-1470 ext 228 for more information.

Children & Youth Programs

Grades 1-5: For more information, please contact Taylor at ext. 287 or tayloro@langs.org.
Grades 6-12: For more information, please contact Derek at ext. 357 or derekw@langs.org.

Open Gym - Grades 1-5

Come out and play some fun games and meet new friends at open gym!

Days/Times:

Tuesdays - William G Davis 6:30 - 7:30 pm
 Wednesdays - Langs Gym 6:00 - 7:00 pm

Start date: Tuesday, September 16, 2025

Cost: Free

Locations: William G Davis (530 Langs Drive)
 Langs Gym (1145 Concession Road)

Registration: Drop-in, fill in a registration form in person on your first visit!



After School Program - Grades 1-5

Join the After School Program at Langs! Meet new friends and enjoy gym activities, crafts, snack and some special guest speakers. For students that attend Coronation Public School and St. Michael's Catholic Elementary School.

Days: Monday to Friday

Start date: Wednesday, Sept 3, 2025

Time: 3:00 - 5:30 pm

Cost: \$10 per week

Location: Langs, 1145 Concession Road

Registration details: Registration opens Monday, July 28, 2025. Contact Erum at erumn@langs.org or call 519-653-1470 ext. 267 to register.

Youth Mental Health Services

The Youth Mental Health Worker provides brief intervention services (4 sessions) for those aged 12-25. Together, build skills and strengths to reach your goals. Workshops are also available. By appointment, contact Laura at ext. 361.

Krafty Kids Jr. - Grades 1-3

Drop-in and participate in some fun crafts and show off your creative talents!

Start Date: Monday, Sept. 15, 2025

Time: 6:00 - 7:00 pm

Cost: Free

Location: Langs, 1145 Concession Road

Registration details: Drop-in and fill in a registration form on your first visit!

PD Day Program - Grades 1-5

Come to the PD day program at Langs to enjoy some exciting crafts, snacks, fun physical activities and to make new friends!

Dates: Friday, Oct 10th & Monday, Nov 17th

Time: 9:00 am - 5:00 pm

Cost: \$15 per day

Location: 1145 Concession Rd.

Registration details: Contact Erum at erumn@langs.org or ext. 267 to register.

Hoops - Drop-In Grades 6-12

Shoot-around or play a game of basketball.

Days: Mondays & Wednesdays

Time: 7:00 - 8:00 pm

Cost: Free

Location: Langs Gym (1145 Concession Road)

To register please contact Derek at ext. 357



YWHO Cambridge Programs - Ages 12-25

Langs, 2nd Floor - 1145 Concession Rd

For more information, please contact Derek at ext. 357 or derekw@langs.org

Tech Centre – Drop-In

Drop in to use the computers for homework or gaming and enjoy a snack.

Days & Times:

Monday & Wednesday 1:00 pm - 8:00 pm

Tuesday & Thursday 1:00 pm - 5:00 pm

Friday 1:00 pm - 4:00 pm

Cost: Free, no registration required

STEAM

Explore science, technology, engineering, art and math through creative challenges and exploration

Day/Time: Tuesdays 3:30 - 4:30 pm

YTCYC - YOUTH COUNCIL

Interested in leadership development and earning volunteer hours? The Youth Council is for you!

Day: Thursdays, once a month. Contact for dates.

Time: 6:00 - 7:00 pm

Follow us @LangsCommunity



Adult Programs

Contact Tammy at 519-653-1470 ext. 228 or tammys@langs.org for more information and to register.



Live and Laugh Program

A program that focuses on health promotion, social, skill development, fun and recreational topics for adults of all ages!

Days: Wednesdays, starts Sept 10

Time: 10:00 am - 12:00 noon

Cost: \$2.00 per week

Cooking Healthy Together

Do you enjoy cooking or want to learn how?

A program that focuses on gaining cooking skills, teamwork and nutrition.

Days: Tuesdays for 4 weeks
 Sept 9 - 30, 2025

Time: 1:00 pm - 3:00 pm

Cost: \$2.00 per week

Pre-registration is required, space is limited.



Creative in the Kitchen NEW

One-time workshops with baking/cooking themes that are hands-on. Sign up for each workshop separately. Limited space. **Pre-registration** required.

Days: Tuesdays

Time: 1:00 pm - 3:00 pm

Cost: \$2.00 per workshop

Taste of Italy on Tue Oct 21

Learn more about Italy and travel there with your mind and taste buds.

Holiday Baking on Tue Nov 18

Let's enjoy some holiday baking and tasting with one another!

Cards and Games Night

Date: Wed. Sept 24, 2025

Time: 6:00 pm - 8:00 pm

Cost: \$2.00

Fun board games, cards, and snacks with one another. Feel free to bring your own favourite board games.

Apple Picking - Outing

Enjoy apple picking at a local apple farm.

Date: Tuesday, Sept 23, 2025

Time: 10:00 am - 1:00 pm

Cost: \$2 per person, apples at your own cost.

Registration is required.

Limited space.



Chair Yoga

A gentle form of yoga for all ages and abilities.

Days: Fridays

Starts: Sept 12 to Nov 28

No class Oct 17

Time: 10:00 am - 11:00 am

Cost: \$4.00 week, pay as you go.

Pre-registration is encouraged.

Yoga Program

Stretch and get active this Fall!

Days: Tuesdays, starts Sept 9

Time: 10:30 am - 11:30 am

Cost: \$4.00 per week, pay as you go.

CHANGED LIVES, HEALTHY COMMUNITIES



www.langs.org

Emergency First Aid & CPR (Adult, Child, Babies)

Level C with AED Training (1 day course)

Come out and take this informative and fun course!

Date: Friday, October 17, 2025

Time: 8:30 am - 4:30 pm

Ages: 12 and up

Cost: \$90 per person, plus HST, money due upon registration

Pre-registration is required.

Scan or <https://bit.ly/LangsPrograms>.

