

COMING SOON!

August Program Schedule

*Celebrating 20 Years!
Join us for our Open
House on September
16, 2026.*

All Rapids programs require registration prior to the program start or a healthcare providers referral as stated below.

August 4,11,18 & 25 (Every Tuesday) - Rapids Walking Club



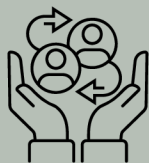
Join the Rapids Walking Club and enjoy a fun, supportive way to stay active, connect with others, and improve your well-being. Each weekly session includes a warm-up stretch, a group walk, and a cool-down stretch. Walks take place every Tuesday from 11:00 a.m. to 12:00 p.m. at Centennial Park (Suncor Agora parking lot). Rain or shine, we'll be walking!

August 5,19 & 26 Wednesday, Full Day-Cervical Cancer Screening Clinic



If you have a cervix and don't have a family doctor, Rapids Family Health Team offers a monthly Cervical Screening Clinic to help you stay up to date. Eligible participants are 25+ years old and have not been screened in over three years. Can be booked online.

August 11-Tuesday, 1:30-3:30 PM-Later Life Transitions



Join our Registered Social Worker for an informative workshop exploring the physical, emotional, and social changes that can occur later in life. Learn practical strategies for navigating retirement, health changes, and evolving family relationships while supporting your overall well-being.

August 12-Wednesday, 1:30-3:30 PM-Fueling a Healthy Heart: Cholesterol Class ****REFERRAL REQUIRED****



Learn about the different types of cholesterol, why regular blood work is essential, and discover nutritional strategies to help manage your levels with a Registered Dietitian.

Access to Care Clinic - 481 London Rd., Sarnia

The Rapids Family Health Team Access to Care Centre is a Nurse Practitioner-led clinic open for acute, short-term medical concerns such as: urinary tract infections, earaches, rashes and other episodic concerns.

Clinic Hours:

Monday–Thursday: 8:00 AM – 4:30 PM

Friday: 8:00 AM – 12:00 PM

Saturday: 8:00 AM – 1:00 PM

Please call ahead to book an appointment: 519-491-6188

If you're unwell and unsure where to turn, give us a call — we're happy to support you.

****All Rapids Family Health Team locations will be closed on Monday, August 3, in observance of the Civic Holiday****

