


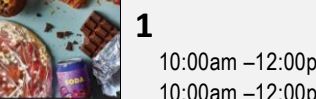


MONDAY (9AM to 8PM)		TUESDAY (8AM to 12PM, 2PM to 8PM)		WEDNESDAY (8AM to 8PM)		THURSDAY (8AM to 8PM)		FRIDAY (9AM to 5PM)		SATURDAY (9AM to 12PM, 1PM to 5PM)					
<p><b>March is Nutrition Month</b> Eat well, live well. Discover your food guide at <a href="http://Canada.ca/FoodGuide">Canada.ca/FoodGuide</a>. Book a free appointment with a Registered Dietitian to learn how to make better choices that fit within your lifestyle and preferences. If you are a client ask reception for an appointment. If you are not a client, please ask to speak to Olivia.</p>		 <p><b>Be mindful of your eating habits</b></p>		 <p><b>Cook more often</b></p>		 <p><b>Use food labels</b></p>		 <p><b>Be aware of food marketing</b></p>		 <p><b>Limit foods high in sodium, sugars or saturated fat</b></p>					
<p><b>1</b> 10:00am – 12:00pm 55+ Internet Café* 10:00am – 12:00pm Back to Movement* 11:00am – 2:00pm Diabetes Education*</p>		<p><b>2</b></p>		<p><b>4</b> 10:00am – 12:00pm Pulmonary Rehab Group* 12:30pm – 2:00pm Strong and Steady* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*</p>		<p><b>5</b> 10:00am – 11:00am Active Walk* 10:00am – 11:00am Yoga for Parents and Kids (2- 5)* 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga*</p>		<p><b>6</b> 10:00am – 12:00pm Pulmonary Rehab Group* 11:00am – 12:30pm Baby's First Year 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Brain Booster 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*</p>		<p><b>7</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:30pm Advance Care Planning* 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In</p>		<p><b>8</b> 10:00am – 12:00pm 55+ Internet Café* 10:00am – 12:00pm Back to Movement* 11:00am – 2:00pm Diabetes Education*</p>		<p><b>9</b> 2:00pm – 3:00pm Yoga for Kids (6- 12)*</p>	
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<p><b>25</b> 10:00am – 12:00pm Pulmonary Rehab Group* 12:30pm – 2:00pm Strong and Steady* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 6:00pm – 7:00pm GLA:D™ Program*</p>		<p><b>26</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Dialectical Behavioral Therapy Skills* 6:15pm – 7:30pm Gentle Yoga*</p>		<p><b>27</b> 10:00am – 12:00pm Pulmonary Rehab Group* 11:00am – 12:30pm Baby's First Year 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*</p>		<p><b>28</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In</p>		<p><b>29</b> 10:00am – 12:00pm 55+ Internet Café* 11:00am – 2:00pm Diabetes Education*</p>		<p><b>30</b></p>					

# PROGRAM DESCRIPTIONS

All programs are free. For more information, or to register, please call the contacts listed below.

## Healthy Child, Healthy Families

### Baby's First Year

Drop-In

Get out of the house and meet other moms, Wednesdays from 11:00 am – 12:30 pm. This post-natal support group discusses infant feeding and healthy development.

Contact: Jackie at 416-778-5805 x220

### Breastfeeding Support Group @AP

Drop-In

Are you pregnant or breastfeeding? Meet other moms and connect with a nurse or lactation consultant for questions and concerns. Drop by Thursdays from 10:30 am – 12:30 pm at AccessPoint, 3079 Danforth Avenue. Childcare is available.

Contact: Farzana at 416-778-5805 x212

### Creative Play

Drop-In

A fun free program for parents and children, ages 18 months to 4 years, Thursdays from 10:00 am – 12:00 pm. Parents learn about parenting and child development while enjoying storytelling, music, and interactive play with other toddlers and their parents.

Contact: Sudha at 416-778-5805 x224

### Yoga

\* Must register in advance

For parents and kids age 2- 5, join us Tuesdays from 10:00 am – 11:00 am and for kids age 6- 12, join us on Saturdays from 2:00 pm – 3:00 pm. Do you want to increase your kid's concentration and sense of calmness? In this program your kids will build their concentration and improve their flexibility, strength and coordination. They will also learn to manage stress through breathing, awareness meditation and healthy movement.

Contact: Sudha at 416-778-5805 x224

NEW!

## Personal Health and Wellness

### 55+ Internet Café

\* Must register in advance

If you are 55+ and want to learn or update your knowledge on how to use computers this café is for you! Join us Fridays from 10:00 am – 12:00 pm in an 8-weeks program. Learn the basics of computer use, how to browse the internet and use popular programs to keep in touch with others. Also learn how to find health information you can trust. At each session, there will be short presentations on health-related topics.

Contact: Shirin at 416-778-5805 x226

### Active Walk

\* Must register in advance

Get the most out of your walk Tuesdays from 10:00 am – 11:00 am. Focus on posture, technique, goal setting, balance, and stretches for walkers. Pedometers will be loaned out to track your steps and help measure your success.

Contact: Shirin at 416-778-5805 x226

### Advance Care Planning

\* Must register in advance

Get more information about Advance Care Plans and Power of Attorney Thursday, March 7<sup>th</sup> from 2:30 pm – 4:30 pm. Learn how to discuss your plans and decisions with the significant people and healthcare providers in your life. Tools and resources provided to help your planning process.

Contact: Joanne at 416-778-5805 x218

NEW!

### Art Café Drop-In

Drop-In

Join us on the 1<sup>st</sup> Thursday of the month from 2:30 pm – 4:30 pm to express yourself. Explore your emotions and thoughts through drawing, painting, poetry writing, etc. No artistic skill required. Some supplies available – feel free to bring your own!

Contact: Zari at 416-778-5805 x222

### Back to Movement

\* Must register in advance

Do you have back pain? Join us Fridays from 10:00 am – 12:00 pm in a 7-week exercise program delivered by a physiotherapist. Learn how to reduce pain, improve function and quality of life. To participate in this program, you should be able to put weight through all four limbs. You should also be able to lie on your stomach and back, and go into crawling position independently.

Contact: Sudha at 416-778-5805 x224

### Brain Booster

Drop-In

The human brain has an astonishing ability to adapt and change even into old age. On the 1<sup>st</sup> Wednesday of the month from 1:00 pm – 3:00 pm, learn how memory works and try activities to improve yours.

Contact: Farzana at 416-778-5805 x212

### Building Better Backs

\* Must register in advance

Learn to manage your back pain through exercise and education. Practice core strengthening, improve your posture, and learn to relieve back pain properly. This program takes place on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

### Coping with Grief and Loss

\* Must register in advance

Come to this workshop to learn about the grief process and healthy coping strategies to deal with the many losses we experience throughout our lives. Join us on Friday, March 22<sup>nd</sup> from 2:00 pm – 3:30 pm.

Contact: Joanne at 416-778-5805 x218

NEW!

### Diabetes Education

\* Must register in advance

Increase your knowledge on the signs & symptoms of diabetes and its etiology. Learn more about nutrition and diet, stress management and its effects on diabetes. Discuss medications and importance of physical activity. Join us on Fridays for 6-weeks from 11:00 am – 2:00 pm. Learn how to manage diabetes effectively and lead a healthier and happier lifestyle.

Contact: Naaheed at 416-778-5805 x278

NEW!

### Gardening Group

Drop-In

Are you interested in indoor and outdoor planting activities? Join us on Friday March 22<sup>nd</sup> from 11:00 am – 12:00 pm for the first meeting to discuss the types of plants you are interested in growing. Discuss the different types of herbs and sprouts, how to grow and cook with them.

Contact: Jackie at 416-778-5805 x220

NEW!

### Gentle Fit 1

\* Must register in advance

A stretch and strengthen exercise group aims to help you maintain flexibility, reduce falls, and manage joint pain. Join us Mondays and Wednesdays from 3:15 pm – 4:15 pm. Designed for seniors with low conditioning, low mobility, arthritis, or who are in wheelchairs.

Contact: Leslie at 416-778-5805 x237

### Gentle Fit 2

\* Must register in advance

Continue to build your strength, increase your balance, and improve your posture and flexibility. Gentle Fit 2 will help clients that would like to try exercises that are more challenging, and still practice age-appropriate and safe movements. This group meets on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Monday of the month and Wednesdays from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

### Gentle Yoga

\* Must register in advance

Accessible yoga for everyone! Learn stretching exercises and relaxation techniques on Tuesdays from 6:15 pm – 7:30 pm.

Contact: Sudha at 416-778-5805 x224

### GLA:D™ Program

\* Must register in advance

The GLA:D™ Canada program is an education and exercise program to help people with hip and knee osteoarthritis. Join us Mondays and Wednesdays from 12:45 pm – 1:45 pm and 6:00 pm – 7:00 pm.

Participate in neuromuscular exercise sessions twice a week for six weeks to improve muscle control and stability of the joint. A rapid assessment clinic referral is required, please speak to your Primary Health Care Provider. Registration is ongoing.

Contact: Julieth at 416-778-5805 x225

### Good Food Box

\* Must call in advance

Get fresh fruits and vegetables once a month! The Boxes are \$13 – \$38 and are to be picked up from East End CHC on the 3<sup>rd</sup> Wednesday of the month from 5:00 pm – 7:30 pm.

Contact: Zari at 416-778-5805 x222

### Live with Less Clutter

\* Must register in advance

Ever wondered why we keep so much stuff and why it can be so difficult to stay organized? Join us the 4<sup>th</sup> Thursday of the month from 2:30 pm – 4:00 pm. In this program, you will learn useful strategies to reduce existing clutter, tips for spring cleaning and how to limit the accumulations of new items.

Contact: Zari at 416-778-5805 x222

### Pulmonary Rehab Group

\* Must register in advance

Have you been diagnosed with Chronic Obstructive Pulmonary Disease (COPD)? Do you want to learn more about your condition and how to best manage your symptoms? Join us for 8-weeks (twice a week), Mondays and Wednesdays from 10:00 am – 12:00 pm. The program combines educational topics and supervised exercise to improve COPD symptoms and increase exercise tolerance. Primary Health Care Provider referral and pre-registration is required.

Contact: Leslie at 416-778-5805 x237

## Special News

### Drop-In Sexual Health Clinic

Drop-In

Drop-in Thursdays from 3:30 pm – 4:30 pm to speak to a health provider about questions you may have related to sexual health. The clinic provides services such as birth control counselling, free condoms, pregnancy testing, STI and HIV testing, sexuality and gender counselling, and more. No appointment needed.

Contact: 416-778-5858



## PROGRAM CALENDAR

## March 2019



Programs are free and are open to people living in our catchment community. For more information, visit [www.eastendchc.on.ca](http://www.eastendchc.on.ca)

1619 Queen Street East  
General Inquiries: 416-778-5858

