



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>Are you ready for the flu season?</b></p> <p>Did you know that getting the flu shot helps prevent serious complications of the flu, which can include heart attack, stroke, pneumonia, hospitalization, and death?</p> <p>The flu virus can change every year, so you should get the flu shot once a year. Because the sooner you get it, the sooner you are protected. Call <b>416-778-5858</b> to book your FREE flu shot!</p> 			<p><b>1</b></p> <p>10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:00pm – 3:30pm Anger Management* 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>1:30pm – 2:30pm Taking Care of Me (Chronic Disease Management)</p>
<p><b>5</b></p> <p>10:00am – 11:30am Strong and Steady* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Pulmonary Rehab Group* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*</p>	<p><b>6</b></p> <p>10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*</p>	<p><b>7</b></p> <p>11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Brain Booster 1:00pm – 3:00pm Pulmonary Rehab Group* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*</p>	<p><b>8</b></p> <p>10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>1:30pm – 2:30pm Taking Care of Me (Coping with stress)</p>
<p><b>12</b></p> <p>12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Pulmonary Rehab Group* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 6:00pm – 7:00pm GLA:D™ Program*</p>	<p><b>13</b></p> <p>10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*</p>	<p><b>14</b></p> <p>11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Pulmonary Rehab Group* 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>15</b></p> <p>10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:00pm – 4:00pm Mind and Body Wellness* 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p><b>16</b></p> <p>10:00am – 12:00pm Solutions for Better Sleep*</p>	<p><b>17</b></p> <p>1:30pm – 2:30pm Taking Care of Me (Healthy Eating)</p>
<p><b>19</b></p> <p>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>20</b></p> <p>10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*</p>	<p><b>21</b></p> <p>11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box* 6:00pm – 7:00pm GLA:D™ Program*</p>	<p><b>22</b></p> <p>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>23</b></p> <p>10:00am – 12:00pm Solutions for Better Sleep*</p>	<p><b>24</b></p> <p>1:30pm – 2:30pm Taking Care of Me (Physical Activity)</p>
<p><b>26</b></p> <p>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>27</b></p> <p>10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*</p>	<p><b>28</b></p> <p>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>29</b></p> <p>10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>	<p><b>30</b></p> <p>10:00am – 12:00pm Solutions for Better Sleep* 11:00am – 2:00pm Healthy Lifestyles Program*</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? Our Thursday program from 10:30 am – 12:30 pm at AccessPoint, 3079 Danforth Avenue, connects mothers and provides a nurse or lactation consultant for questions and concerns. 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

## Personal Health and Wellness

### 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

### 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 through drawing, painting, crocheting, poetry writing, etc. No artistic skill required. Some supplies available – feel free to bring your own!

Contact: Zari at 416-778-5805 x222

### 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

### 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. This program is available Mondays and Wednesdays from 3:15 pm – 4:15 pm and is 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. Please call for more information.

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

### Healthy Living for Immigrant Women @AP

Drop-In

Try healthy recipes, get information about health issues, and meet other women. Provided in Urdu, Hindi, and English, and held at AccessPoint, 3079 Danforth Avenue, on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 1:00 pm – 3:00 pm.

Contact: Farzana at 416-778-5805 x212

### Healthy Living Program

Drop-In

Join us for a 3 week program, Fridays 11:00 am – 2:00 pm. This program will enhance your knowledge and understanding of nutritious and healthy meal planning. Manage stress effectively by learning smart grocery shopping and improving your physical wellbeing to help achieve a healthier and happier lifestyle.

Contact: Naheed at 416-778-5805 x210

### 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

### Mind and Body Wellness

\* Must register in advance

Join us the 3<sup>rd</sup> Thursday of the month from 2:00 pm – 4:00 pm for an educational group for people living with depression and anxiety. Improve your mood and energy by practicing mindfulness, learn problem-solving, stress management, self-care, and coping skills.

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, Mondays and Wednesdays from 1:00 pm – 3:00 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

### Solutions for Better Sleep

\* Must register in advance

Lack of sleep or poor quality sleep can have a negative impact on your health. Join us on Fridays from 10:00 am – 12:00 pm in a 3-part workshop series where you will learn about the causes of insomnia and other sleep problems. Learn about strategies to help you get a good night's sleep and feel more rested.

Contact: Shirin Yilmaz 416-778-5805 x226

### Taking Care of Me

Drop-In

A 6-week program held on Saturdays from 1:30pm – 2:30 pm for people who are interested in learning more about healthy living. Different topics each week, including: simple ways to achieve a healthy diet and active lifestyle, how to take medication properly, working with your healthcare team, strategies to reduce stress and burnout, resources for dental care and tips for better sleep.

Contact: Shirin Yilmaz 416-778-5805 x226

## 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.

Contact: 416-778-5858



## PROGRAM CALENDAR

## November 2018



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

