




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>It's Tax Season!</p> <p>If you need assistance with your tax return, you can get help at a Free Tax Clinic in your area. Call to check your eligibility and book an appointment. Go to this website to find a free tax clinic: https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html</p> 	<p>1</p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>2</p> <p>10:00 - 11:00 AM GLA:D™ In-Person*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p>	<p>3</p> <p>5:00 - 6:30 PM Finding Peace with Food In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>4</p>	<p>5</p>
<p>7</p> <p>10:00 - 11:00 AM GLA:D™ In-Person*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>2:30 - 4:00 PM Diabetes Support (DECNET) In-Person*</p> <p>5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>8</p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>9</p> <p>10:00 - 11:00 AM GLA:D™ In-Person*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p>	<p>10</p> <p>5:00 - 6:30 PM Finding Peace with Food In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>11</p>	<p>12</p>
<p>14</p> <p>10:00 - 11:00 AM GLA:D™ In-Person*</p> <p>12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>15</p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>2:30 - 4:00 PM Overcoming Persistent Pain In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>16</p> <p>10:00 - 11:00 AM GLA:D™ In-Person*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p>	<p>17</p> <p>5:00 - 6:30 PM Finding Peace with Food In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>18</p> <p>CENTRE CLOSED</p> 	<p>19</p>
<p>21</p> <p>12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>22</p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>2:30 - 4:00 PM Overcoming Persistent Pain In-Person*</p>	<p>23</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p>	<p>24</p> <p>5:00 - 6:30 PM Finding Peace with Food In-Person*</p>	<p>25</p>	<p>26</p> <p>11:00 AM - 12:00 PM Intuitive Eating Support Virtual*</p>
<p>28</p> <p>12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>29</p> <p>11:00 AM - 12:00 PM Balance Program In-Person*</p> <p>2:30 - 4:00 PM Overcoming Persistent Pain In-Person*</p>	<p>30</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p>	<p>National Oral Health Month - Oral Health Tips:</p> <ol style="list-style-type: none"> 1. Limit alcohol and avoid chewing tobacco, smoking, smokeless tobacco and vaping. 2. Brush your teeth twice a day using fluoride toothpaste and floss every day. 3. Check your mouth regularly for signs of gum disease & oral cancer. 4. Visit your dentist regularly. 5. Eat a well-balanced diet. 		

*Must Register in advance for all programs, unless it says **drop-in**. **In-Person groups** meet at East End CHC (1619 Queen Street East). **Hybrid groups** meet on Zoom and in-person at the same time. **Virtual groups** meet on Zoom, need an electronic device (computer, phone, or tablet) and WIFI connection. Go to www.eastendchc.on.ca/calendar to subscribe and receive East End Community Health Centre - Monthly program calendar newsletter by email!

PROGRAM DESCRIPTIONS

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

Balance Program (In-Person)

Improve stability and build your strength to reduce fall risks. Join us on Tuesdays (Mar. 25 – May 13, 2025) from 11:00 AM – 12:00 PM and get weekly home exercises. We're here to support you every step of the way. ***Register in advance***

Contact: Sarah at 416-778-5805 x237

DECNET Exercise (Virtual)

Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Explore different types of exercises with a Kinesiologist. Learn the basics about fitness with a complete body workout. Increase your physical activity level. Focus on building and maintaining strength, flexibility and balance. Mondays (Apr. 14, 21, and 28, 2025) from 12:15 – 1:15 PM. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

Diabetes Support (DECNET) (In-Person)

Living with pre-diabetes, diabetes or type 2 diabetes? Join DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health, and well-being. Join us on Mondays Apr. 7, May 5 and June 2, 2025 from 2:30 – 4:00 PM. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

Finding Peace with Food (In-Person)

Join us with a dietitian on a 10-week program (Apr. 3 – Jun. 5, 2025) on Thursdays from 5:00 – 6:30 PM. Learn to eat in a balanced way without dieting. Break free from a diet mindset and develop a healthy relationship with food and your body!

Register in advance

Contact: Yulia at 416-778-5805 x208

Gentle Fit (In-Person or Virtual)

Empower yourself and get fit in a program designed for beginners. Get a complete body workout, decrease joint pain, and reduce the risk of falls. Join us Virtually on Mondays from 2:00 – 3:00 PM and In-Person on Wednesdays from 11:30 AM – 12:30 PM. ***Register in advance***

Contact: Sarah at 416-778-5805 x237

GLA:D™ Canada Program (In-Person)

Good Living with Arthritis: Denmark (GLA:D™) was designed for people with knee or hip osteoarthritis (OA). The program has 2 education sessions and 12 exercises, twice a week for 6 weeks. The group helps improve muscular strength and joint stability. Please speak with your Primary Health Care Provider to see if this program is right for you. A Rapid Access Clinic (RAC) referral is required for this free program. You can learn more about the program at www.gladcanada.ca.

Register in advance

Contact: 416-778-5805 x505

Intuitive Eating Support (Virtual)

Did you attend our Intuitive Eating groups? Join us on Saturday, Apr. 26, 2025 from 11:00 AM – 12:00 PM. Connect in a judgement-free space to share and support each other's journey to a balanced, guilt-free relationship with food.

Register in advance

Contact: Yulia at 416-778-5805 x208

Mindful-Resilience Series (Hybrid: In-Person & Virtual)

Boost your positivity, regulate emotions and foster self-compassion. Join us on Mondays from 5:30 – 6:30 PM for 8-week (Mar. 17 – May. 5, 2025). Learn how to keep perspective through mindfulness-based practice, enhance your coping strategies and welcome change. Connect with like-minded folks in a safe-space. The facilitator will lead the group on Zoom. We will set-up a room at the Centre.

Register in advance by phone or book online

Contact: Martin at 416-778-5805 x222

Overcoming Persistent Pain (In-Person)

Join us in person for a 6-week program (Apr. 15 – May 20, 2025) on Tuesdays from 2:30 – 4:00 PM to learn about why pain develops and at times persists. Gain insight into your pain and how to better self manage through physical activity and other strategies. Sessions involve light exercise and a strong mindfulness approach to overcoming pain.

Register in advance

Contact: Jodie at 416-778-5805 x207

Tai Chi (In-Person Drop-In)

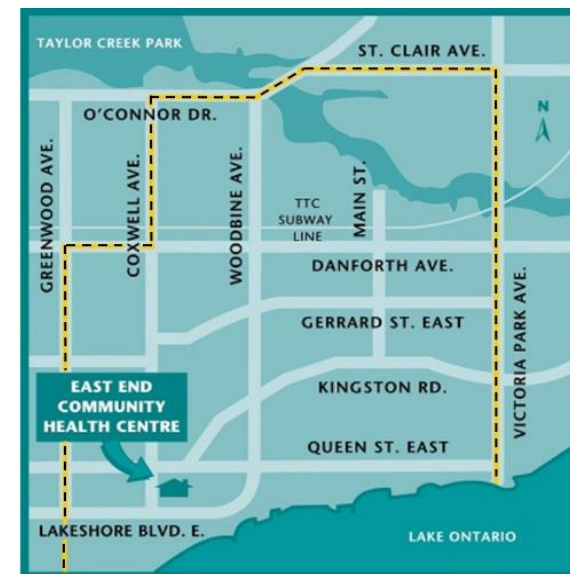
Improve strength, flexibility, and balance. Relieve pain, enhance sleep, and boost mood. Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. **Drop-in** on Wednesdays from 1:00 – 2:00 PM.

Contact: Sudha at 416-778-5805 x218



PROGRAM CALENDAR

APRIL 2025



Programs are free and are open to people living in our catchment community.

For more information, visit www.eastendchc.on.ca

We may cancel groups with low registration

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