


EAST END CHC PROGRAM CALENDAR

FEBRUARY 2025

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>World Cancer Day happens every year on February 4th! Have you received your cancer screening?</p> <p>World Cancer Day is a reminder to come together to take action against cancer. Let's unite to raise awareness about the need for people-centred care. People-centred care means seeing the whole person and meeting their unique needs with compassion and empathy. Cancer screening helps find cancer early, when treatment works best. For more information, talk to your primary health care provider.</p> <p> World Cancer Day 4 February Share your story at worldcancerday.org #WorldCancerDay #UnitedByUnique @worldcancerday</p> <p style="text-align: right;">UNITED BY UNIQUE™</p>				<p>1</p>  <p>BLACK HISTORY MONTH canada.ca/black-history-month</p>	
<p>3</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>3:00 - 4:30 PM Diabetes Support (DECNET) In-Person*</p> <p>4:00 - 5:00 PM DECNET Exercise Virtual*</p> <p>5:30 - 6:30 PM Meditation Series Hybrid*</p>	<p>4</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p>	<p>5</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>6</p> <p>10:30 - 11:30 AM Seniors Together In-Person*</p> <p>1:00 - 3:00 PM Women's Health Matters Virtual*</p>	<p>7</p>	<p>8</p>
<p>10</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>2:00 - 3:00 PM Nutrition for Diabetes Prevention Virtual*</p> <p>4:00 - 5:00 PM DECNET Exercise Virtual*</p> <p>5:30 - 6:30 PM Meditation Series Hybrid*</p>	<p>11</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p>	<p>12</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>13</p> <p>10:30 - 11:30 AM Seniors Together In-Person*</p>	<p>14</p>	<p>15</p>
<p>17</p> <p>CENTRE CLOSED Family Day</p> 	<p>18</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p>	<p>19</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>20</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p> <p>10:30 - 11:30 AM Seniors Together In-Person*</p>	<p>21</p>	<p>22</p> <p>11:00 AM - 12:00 PM Intuitive Eating Support Virtual*</p>
<p>24</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>4:00 - 5:00 PM DECNET Exercise Virtual*</p> <p>5:30 - 6:30 PM Meditation Series Hybrid*</p>	<p>25</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p>	<p>26</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>27</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p> <p>10:30 - 11:30 AM Seniors Together In-Person*</p>	<p>28</p>	

PROGRAM DESCRIPTIONS

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

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 (Feb. 3, 10, and 24, 2025) from 4:00 – 5:00 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 Feb. 3, Mar. 3, and April 7, 2025 from 3:00 – 4:30 PM. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

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

Intuitive Eating Support (Virtual)

Did you attend our Intuitive Eating groups? Join us on Saturday, Feb. 22, 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

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

Meditation Series (Hybrid: In-Person & Virtual)

Learn breath anchoring, strengthen mind-body connection, and visualization. Relax, lower anxiety, be present and explore mindfulness. Join us on Mondays from 5:30 – 6:30 PM for 8-weeks (Jan. 6 – Mar. 3, 2025). Connect with like-minded individuals in a safe space with therapeutic approaches. 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

Nutrition for Diabetes Prevention (Virtual)

Join us virtually on Mondays from 2:00 – 3:00 PM for 5-weeks (Jan. 6 – Feb. 10, 2025). Learn about nutrition and lifestyle for diabetes prevention. Discover diabetes and pre-diabetes facts and risk factors, healthy eating principles for diabetes prevention and management, mindful eating techniques, and dietary patterns that promote prevention. Explore essential lifestyle habits such as stress management, physical activity and adequate sleep, and more! ***Register in advance***

Contact: Yulia at 416-778-5805 x208

Seniors Together (In-Person)

A community health program series dedicated to people aged 55+ who are looking to connect and learn with each other. The program runs on Thursdays from 10:30 – 11:30 AM. Program sessions this month are Dance Together (Feb. 6), Photography (Feb. 13), Digital Literacy & Fraud Prevention (Feb. 20), and Financial Literacy (Feb. 27), as well as fun and social engagement opportunities. ***Register in advance by phone or book online***

Contact: Martin at 416-778-5805 x222

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

Women's Health Matters (Virtual)

Join us on Thursdays (Jan. 16 – Feb. 6, 2025) from 1:00 – 3:00 PM for a series of four informative sessions on Women's Health. We will cover topics on prepubertal, reproductive, perimenopausal, and senior's health. Each session will focus on the body changes, vaccinations and screening protocols for each stage of women's lives. Led in Urdu/Hindi with presentation in English.

Register in advance by phone

Contact: Farzana at 416-778-5805 x278



PROGRAM CALENDAR

FEBRUARY 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