



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>March is National Nutrition Month! Eat well, live well: Understand the connection between food and overall wellbeing! Discover your food guide at www.Canada.ca/FoodGuide. Book a free appointment with a Registered Dietitian to learn how to make better choices that fit within your lifestyle and preferences.</p>					<p>March is National Nutrition Month! Making informed food choices and developing healthy eating habits are crucial to living a healthy lifestyle. To learn more about how you can make healthy food choices visit: www.Canada.ca/FoodGuide Or www.UnlockFood.ca Or www.cookspiration.com</p>
<p>3 2:00 - 3:00 PM Gentle Fit Virtual* 3:00 - 4:30 PM Diabetes Support (DECNET) In-Person* 5:30 - 6:30 PM Meditation Series Hybrid*</p>	<p>4 10:30 - 11:30 AM GLA:D™ In-Person*</p>	<p>5 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>6 10:30 - 11:30 AM GLA:D™ In-Person* 10:30 - 11:30 AM Seniors Together In-Person*</p>	<p>7</p>	
<p>10 10:00 - 11:00 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 4:00 - 5:00 PM DECNET Exercise Virtual*</p>	<p>11 6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>12 10:00 - 11:00 AM GLA:D™ In-Person* 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>13 10:30 - 12:00 -PM Seniors Together In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>14</p>	
<p>17 10:00 - 11:00 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 4:00 - 5:00 PM DECNET Exercise Virtual* 5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>18 6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>19 10:00 - 11:00 AM GLA:D™ In-Person* 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>20 10:30 - 11:30 AM Seniors Together In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>21</p>	<p>22 11:00 AM - 12:00 PM Intuitive Eating Support Virtual*</p>
<p>24 10:00 - 11:00 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 4:00 - 5:00 PM DECNET Exercise Virtual* 5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>25 6:00 - 7:00 AM GLA:D™ In-Person*</p>	<p>26 10:00 - 11:00 AM GLA:D™ In-Person* 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>27 10:30 - 11:30 AM Seniors Together In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>28</p>	<p>29  Purple Day - March 26 www.purpleday.org</p>
<p>31 10:00 - 11:00 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 5:30 - 6:30 PM Mindful Resilience Series Hybrid*</p>	<p>March 26 is Purple Day! On this day wear purple and spread awareness! Purple Day is dedicated to increasing understanding and support for those living with eliepsy.</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 (Mar. 10, 17, 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 Mar. 3 from 3:00 – 4:30 PM. Apr. 7, and May 5, 2025 from 2:30 – 4:00 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, Mar. 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. The facilitator will lead the group on Zoom. We will set-up a room at the Centre. 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.

Register in advance by phone or [book online](#)

Contact: Martin at 416-778-5805 x222

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-weeks (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

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 Legacy Planning (Mar. 6), Writing Together (Mar. 13 from 10:30 AM – 12:00 PM), Dance Together (Mar. 20), and Final Seniors Together Social (Mar. 27).

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



PROGRAM CALENDAR

MARCH 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