



EAST END CHC PROGRAM CALENDAR

FEBRUARY 2026

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)
2 10:15 - 11:15 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 2:30 - 4:00 PM Diabetes Support In-Person*	3 10:30 - 11:30 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person*	4 10:15 - 11:15 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 2:00 - 3:00 PM Back in Motion In-Person*	5 10:00 - 11:00 AM Mindful Resilience Virtual* 10:30 - 11:30 AM GLA:D™ In-Person* 11:45 AM - 12:45 PM Let's Get Moving Together Virtual* 2:30 - 3:30 PM GLA:D™ In-Person*	6 1:00 - 2:00 PM Solutions for Better Sleep In-Person*	 <p>BLACK HISTORY MONTH</p> <p>canada.ca/black-history-month</p> <p>Canada</p>
9 10:15 - 11:15 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual*	10 10:30 - 11:30 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person*	11 10:15 - 11:15 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 2:00 - 3:00 PM Back in Motion In-Person*	12 10:00 - 11:00 AM Mindful Resilience Virtual* 10:30 - 11:30 AM GLA:D™ In-Person* 11:45 AM - 12:45 PM Let's Get Moving Together Virtual* 2:30 - 3:30 PM GLA:D™ In-Person*	13 1:00 - 2:00 PM Solutions for Better Sleep In-Person*	
16  <p>CENTRE CLOSED Family Day</p>	17 10:30 - 11:30 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person*	18 1:00 - 2:00 PM Tai Chi In-Person Drop-In 2:00 - 3:00 PM Back in Motion In-Person*	19 10:00 - 11:00 AM Mindful Resilience Virtual* 10:30 - 11:30 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person*	20 1:00 - 2:00 PM Solutions for Better Sleep In-Person*	
23	24	25	26 10:00 - 11:00 AM Mindful Resilience Virtual*	27 1:00 - 2:00 PM Solutions for Better Sleep In-Person*	28 11:00 AM - 12:00 PM Intuitive Eating Support Virtual*

**UNITED
BY
UNIQUE®**

World Cancer Day happens every year on February 4th! Have you received your cancer screening?

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.

Share your story at worldcancerday.org #WorldCancerDay #UnitedByUnique @worldcancerday

 **World
Cancer Day**
4 February

*Must Register in advance for all programs, unless it's a **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.

Back in Motion (In-Person)

Do you want to strengthen your lower back and improve mobility? Let's move Wednesdays from 2:00 – 3:00 PM for a 6-week program (Jan. 14 – Feb. 18, 2026) to learn how to reduce pain, improve function and quality of life, practice exercises and strategies to maintain back health. To be eligible for this group participants should be able to get up and down from the floor, for mat exercises. ***Registration is closed, call to join the waitlist for the next group*.**

Contact: Jodie at 416-778-5805 x207

Diabetes Support (DECNET) (In-Person)

Living with pre-diabetes, diabetes or type 2 diabetes? Become a part of Diabetes Education Community Network of East Toronto (DECNET). Learn about diabetes, mental health, and well-being. Meet us the first Monday of the month (Feb. 2, Mar. 2, and Apr. 13, 2026) 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 fit Virtually on Mondays from 2:00 – 3:00 PM **(*Ends Feb. 9, 2026)**. In-Person on Wednesdays from 11:30 AM – 12:30 PM **(*Ends Feb. 11, 2026)**. We will have new group dates and times in March! Get a complete body workout, decrease joint pain, and reduce the risk of falls. ***Register in advance***

Contact: Sarah at 416-778-5805 x237

Intuitive Eating Support (Virtual)

Did you attend our Overcoming Overeating or Intuitive Eating groups? If so, connect with the dietitian on Sat. Feb. 28, 2026 from 11:00 AM – 12:00 PM. Join us 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

Let's Get Moving Together (Virtual)

Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Explore different types of exercises with a Kinesiologist. Connect with us on Thursdays (Jan. 8 – Feb. 12, 2026) from 11:45 AM – 12:45 PM. Learn the basics about fitness with a complete body workout. Increase your physical activity level. Focus on building and maintaining strength, flexibility and balance. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

Mindful-Resilience Series (Virtual)

Use mindfulness to make yourself stronger and take care of your mind and body. Thursdays from 10:00 – 11:00 AM for an 8-week program (Jan. 8 – Feb. 26, 2026). 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.

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

Contact: Martin at 416-778-5805 x222

Solutions for Better Sleep **NEW!** (In-Person)

Do you want to improve your sleep? Meet with us on Fridays from 1:00 – 2:00 PM for a 4-week program (Feb. 6 – 27, 2026) to learn more about causes of insomnia and other sleep problems, strategies to help get a good night of sleep and feel more rested, and where to find help or get more information. ***Register in advance***

Contact: Shirin at 416-778-5805 x224

Tai Chi (In-Person)

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

(*No class Feb. 25, 2026).

Contact: Jackie at 416-778-5805 x220



PROGRAM CALENDAR

FEBRUARY 2026



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**