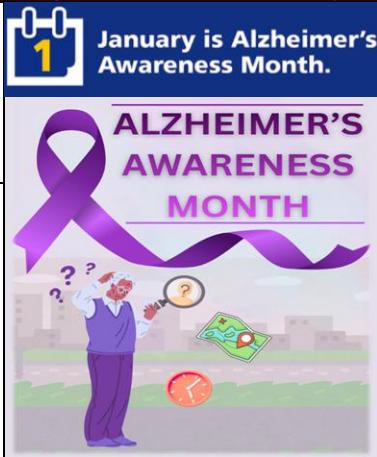


MONDAY (9AM to 8PM)	TUESDAY (8AM to 12PM, 2PM to 8PM)	WEDNESDAY (8AM to 8PM)	THURSDAY (8AM to 8PM)	FRIDAY (9AM TO 5PM)	SATURDAY (9AM to 12PM, 1PM to 5PM)
smokers' helpline  Smokershelpline.ca 1-877-513-533	National Non-Smoking week is on the third week of January (Jan. 18 - 24, 2026) When you're ready to talk about quitting, we're here to help. You can talk to your Primary Care Provider to find more information about quitting.	 Canadian Cancer Society	1 	2	
5 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*	6 10:00 AM - 12:00 PM East End Writers In-Person 2:30 - 3:30 PM GLA:D™ In-Person*	7 10:15 - 11:15 AM GLA:D™ In-Person* 11:30 AM - 12:30 PM Gentle Fit In-Person*	8 10:00 - 11:00 AM Mindful Resilience Virtual* 11:45 AM - 12:45 PM Let's Get Moving Together Virtual* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*	9 1:30 - 2:30 PM Nutrition in Peri/Menopause Virtual*	
12 10:15 - 11:15 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual*	13 10:00 AM - 12:00 PM East End Writers In-Person 2:30 - 3:30 PM GLA:D™ In-Person	14 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 2:00 - 3:00 PM Back in Motion In-Person*	15 10:00 - 11:00 AM Mindful Resilience Virtual* 11:45 AM - 12:45 PM Let's Get Moving Together Virtual* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*	16 1:30 - 2:30 PM Nutrition in Peri/Menopause Virtual*	17 11:00 AM - 12:00 PM Intuitive Eating Support Virtual*
19 10:15 - 11:15 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual*	20 10:00 AM - 12:00 PM East End Writers In-Person 2:30 - 3:30 PM GLA:D™ In-Person*	21 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 2:00 - 3:00 PM Back in Motion In-Person*	22 10:00 - 11:00 AM Mindful Resilience Virtual* 11:45 AM - 12:45 PM Let's Get Moving Together Virtual* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*	23 1:30 - 2:30 PM Nutrition in Peri/Menopause Virtual*	24
26 10:15 - 11:15 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual*	27 2:30 - 3:30 PM GLA:D™ In-Person*	28 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 2:00 - 3:00 PM Back in Motion In-Person*	29 10:00 - 11:00 AM Mindful Resilience Virtual* 11:45 AM - 12:45 PM Let's Get Moving Together Virtual* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*	30 1:30 - 2:30 PM Nutrition in Peri/Menopause Virtual*	31

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. ***Register in advance***

Contact: Jodie at 416-778-5805 x207

Diabetes Support (DECNET) (In-Person)

Living with pre-diabetes, diabetes or type 2 diabetes? Be a part of DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health, and well-being. Meet us the first Monday of the month (Jan. 5, Feb. 2, and Mar. 2, 2026) from 2:30 – 4:00 PM. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

East End Writers (In-Person Drop-In)

Find your authentic voice through exploratory writing! **Drop-in** on Tuesdays (Dec. 2, 2025 – Jan. 20, 2026) from 10:00 AM – 12:00 PM. Write freely and let your creativity fly, bravely share your art in a supportive and safe space. This is your time to de-stress and improve your mental health.

Contact: Martin at 416-778-5805 x222

Gentle Fit (In-Person or Virtual)

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

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. 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 or Overcoming Overeating groups? If so, keep connecting with our dietitian on Saturday, Jan. 17, 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. On 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

Nutrition in Peri/Menopause (Virtual)

Are you interested in learning about nutrition support during peri-menopause and menopause? Let's meet virtually on Fridays from 1:30 – 2:30 PM for our 4-week program (Jan. 9 – 30, 2026) to learn about nutrition support to prevent deficiencies and mitigate symptoms. Get strategies to manage insulin resistance and improve metabolism, and lifestyle behaviours to promote health and well-being. ***Register in advance***

Contact: Yulia at 416-778-5805 x208

Overcoming Overeating (Virtual)

Let's meet virtually on Thursdays (Jan. 8, 15, 22, and 29, 2026) from 5:00 – 6:30 PM to navigate emotional eating and develop a healthy relationship with food. Meet like-minded people working on healing their relationship with food in an empathetic and judgment-free space. ***Register in advance***

Contact: Yulia at 416-778-5805 x208

Tai Chi (In-Person Drop-In)

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 Jan. 7, 2026)**

Contact: Sudha at 416-778-5805 x218



PROGRAM CALENDAR

JANUARY 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