

# UNISON

People who need a family doctor or nurse practitioner can call front desk for an intake assessment and registration appointment with our case coordinators. Call 416-645-7575; press 0 to speak with a receptionist.



# Diabetes Education Program

**Pre-Registration is required.** For more information about dates and times, contact: **416-787-1661 ext. 301**

We offer individual appointments and group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse and dietitian who specialize in diabetes education.

We are a team of certified diabetes educators trained to give you the knowledge and skills to manage your diabetes. You will meet with a registered nurse and/or a registered dietitian who will work with you to create a plan that best works for you. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.

## Having a Baby Drop in Program for teen moms (under 25 years of age)

This weekly program is offered in partnership with **Supporting Young Families**.

Come learn about pregnancy, healthy eating during pregnancy, postnatal care, breastfeeding and taking care of your newborn. Come meet other mothers and make new friends! Also, enjoy a healthy meal and learn new recipes!

The program is supported by a Public Health Nurse/Dietitian to provide individual and group education support.

Participants will also receive \$10 food vouchers and 2 TTC tokens by attending full session. Childminding is also available.

To register or more information, please call:  
Albana Qatipi 416-653-5400 ext.1300

**Get Active!**  
Now is the perfect weather to get active.

Join our **Dancing into Health** and **Tai Chi** programs today.

Drop in welcome!

Call **Kim Nguyen** @ 416-653-5400 ext. 1265  
For more information

## Healthy Families

\*Only offer between Mach 7 to April 25, 2017\*

Come learn about supporting healthy families. Topics include making healthy lifestyle changes, various cultural eating habits, food securities, coping with stress, and managing inter-generational gaps.

For more information or registration, please contact:  
**Abubakar Moallim @ (416) 645-7575 ext: 2436**



Unison - Jane-Trethewey  
1541 Jane Street, Toronto  
ON M9N 2R3 416-645-7575



## Jane-Trethewey Site April 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Yoga for Seniors* 11:00am – 12:00pm	4 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	5 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	6 Dancing Into Health 2pm-4pm
9 Prenatal Program 1pm-3pm	10 Yoga for Seniors* 11:00am – 12:00pm	11 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	12 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	13 Dancing Into Health 2pm-4pm
16 Prenatal Program 1pm-3pm	17 Yoga for Seniors* 11:00am – 12:00pm	18 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	19 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	20 Dancing Into Health 2pm-4pm 
23 Prenatal Program 1pm-3pm	24 Yoga for Seniors* 11:00am – 12:00pm	25 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	26 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	27 Dancing Into Health 2pm-4pm
30 Prenatal Program 1pm-3pm				



## Jane-Tretheway Site May 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga for Seniors* 11:00am – 12:00pm	2 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	3 Muslim Women's Workshop 1:00pm – 2:30pm Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	4 Dancing Into Health 2pm-4pm
7 Prenatal Program 1pm-3pm	8 Yoga for Seniors* 11:00am – 12:00pm	9 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	10 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	11 Dancing Into Health 2pm-4pm
14 Prenatal Program 1pm-3pm	15 Yoga for Seniors* 11:00am – 12:00pm	16 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	17 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	18 Dancing Into Health 2pm-4pm
21 <b>CLOSED</b> HOLIDAY- Victoria Day	22 Yoga for Seniors* 11:00am – 12:00pm	23 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	24 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	25 Dancing Into Health 2pm-4pm
28 Prenatal Program 1pm-3pm	29 Yoga for Seniors* 11:00am – 12:00pm	30 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	31 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	



## Jane-Tretheway Site June 2018 • Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dancing Into Health 2pm-4pm	Zumba Fitness 10 – 11:30am
	<b>Yoga for Seniors</b> <b>Calling all Seniors!</b> Join us for a yoga class led by an experienced yoga instructor. No experience or special equipment is required. Wear comfortable clothing. Registration is required. Call to reserve your space! For registration/information please contact: Avaleen at 416.645.7575 ext. 2400				
4 Prenatal Program 1pm-3pm	5 Yoga for Seniors* 11:00am – 12:00pm	6 Healthy Eating & Fitness 9:30am-12:00pm Zumba Fitness 6:00pm – 7:30pm	7 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	8 Dancing Into Health 2pm-4pm	Zumba Fitness 10 – 11:30am
11 Prenatal Program 1pm-3pm	12 Yoga for Seniors* 11:00am – 12:00pm	13 Zumba Fitness 6:00pm – 7:30pm	14 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	15 Dancing Into Health 2pm-4pm	Zumba Fitness 10 – 11:30am
18 Prenatal Program 1pm-3pm	19 Yoga for Seniors* 11:00am-12:00pm	20 Zumba Fitness 6:00pm – 7:30pm	21 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	22 Dancing Into Health 2pm-4pm	Zumba Fitness 10 – 11:30am
25 Prenatal Program 1pm-3pm	26 Yoga for Seniors* 11:00am – 12:00pm	27 Zumba Fitness 6:00pm – 7:30pm	28 Tai Chi Class 10:00am-12:00pm Supporting Young Families 4:30pm – 6:30pm Yoga for Seniors 1:00pm – 2:00pm	29 Dancing Into Health 2pm-4pm	