

## UNISON Bathurst Finch

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 416-787-1661; press 0 to speak with a receptionist.

## Bathurst-Finch Action for Neighborhood Change

ANC is an initiative of United Way's Building Strong Neighbourhoods Strategy and is a community development program that aims to improve neighbourhoods.

ANC supports and nurtures local leadership. It is a platform on which residents can spearhead and contribute to positive changes. It brings residents together and provides the space, tools and capacity building for them to make plans and take steps towards improving their neighbourhood. Anyone living, working, attending school, or volunteering in the neighbourhood can join.

For more information, please contact **Mandana Attarzadeh (647) 436-0385 Ext. 524**

## Prenatal Program

Come join us for our Prenatal Program if you're a mother and expecting on Mondays between 1-3p.m!

- Connect with mothers and other women
- Learn about pregnancy, baby care and healthy eating
- Enjoy a snack
- TTC tokens available!

For more information, please contact **Jennifer Schneider, (647) 436-0385 ext. 506**

### Anonymous, Rapid HIV Testing

30-minute appointment. Accurate results from a finger prick blood sample. Pre- and post- test counseling to explore risk reduction, offer support and provide links to AIDS service organizations in Toronto.

To book for a test or ask about our harm reduction service, please contact: **(647) 436-0385 ext. 555**

## Youth Cooking for Teens

Come join us and other teens for some fun in the kitchen! Practice your cooking skills, learn healthy eating tips and enjoy a meal with some new friends!

For more information, please contact: **Wendy Liu, (647) 895-9386**

## Northview Garden

Located at the hub, Northview Garden is a community learning garden that:

- Grows organic produce
- Educates community members about organic gardening and food security
- Provides a beautiful place to socialize

It is an initiative operated by volunteers and supported by Unison Health and Community Services. Produce is donated to North York Harvest Food Bank.

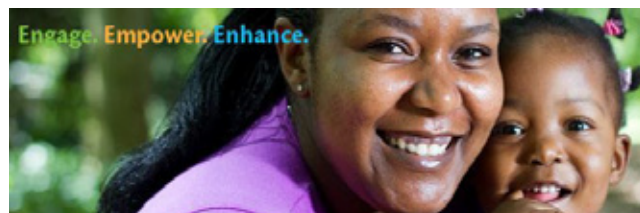
We welcome anyone to volunteer who resides, attends school, volunteers or works in the BF neighborhood.

For more information, please contact **(647) 436-0385**

## 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.



Unison - Bathurst Finch  
540 Finch Avenue West, Toronto  
ON M2R 1N7 647-436-0385



# 04 | APRIL 2017

## Bathurst-Finch Site PROGRAM CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Prenatal Program</b> 1-3 pm	4 <b>Cooking for Teens</b> 3:30-5:30 pm	After a long winter, spring brings back the sun along with a tasty variety of fruits and vegetables.  <b>Try this recipe to make a tasty healthy Lentil Asparagus Salad</b>	7 <b>Diabetes Education: Diabetes 101</b> 11-12:30 pm <b>Registration required</b> call Katie Lam 647-436-0385 Ext. 519	
10 <b>Prenatal Program</b> 1-3 pm	11 <b>Cooking for Teens</b> 3:30-5:30 pm	Fresh, crisp asparagus, dill, plump lentils and fresh strawberries are tossed with toasted almonds and a refreshing lemon dressing in this bright, spring salad.	14	
17	18 <b>Cooking for Teens</b> 3:30-5:30 pm	Asparagus is an excellent source of bone-building vitamin K as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and go with all kinds of foods.	21	
24 <b>Prenatal Program</b> 1-3 pm	25 <b>Cooking for Teens</b> 3:30-5:30 pm	Strawberries are rich in vitamin C, folate, fiber and potassium.  See recipe on next page.	28 <b>Diabetes Education: Fiber and Diabetes Mediation Safety</b> 11-12:30 pm <b>Registration required</b> call Katie Lam 647-436-0385 Ext. 519	



05 | MAY  
2017



**Come join  
our annual Jane's Walk**

On Sunday, May 7th

Contact Mandana Attarzadeh, Community Engagement Worker, for more information:

mandana.attarzadeh@unisonhcs.org  
(647) 436-0385 Ext. 524

06 | JUNE  
2017



Also visit us online!

www.unisonhcs.org



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www.twitter.com/unisonhcs

Monday	Tuesday	Wednesday	Thursday	Friday
1	<p align="center"><b>Lentil Asparagus Salad</b></p> <p>Prep Time: 20 Minutes Servings: 4-6</p> <p>Ingredients 1/2 lb (250 g) asparagus, trimmed 1 1/2 cups (375ml) cooked green lentils 1/2 cup (125 mL) toasted, sliced almonds 1 cup sliced fresh strawberries 3 Tbsp. (45ml) finely chopped fresh dill</p> <p>DRESSING: 1-2 lemons, zest and juice 1 tsp (5 mL) honey 1/4 cup (60 mL) canola oil to taste, salt and pepper</p> <p>Directions</p> <ol style="list-style-type: none"> <li>Blanch asparagus in a large pot of boiling, salted water until crisp-tender, approximately 1-2 minutes. Drain, rinse with cold water, and drain again. Cut asparagus into 1/2 inch pieces, sliced on a bias. Toss with lentils, strawberries, almonds and dill.</li> <li>For the dressing: whisk together lemon zest and juice, honey, oil, salt, and pepper.</li> <li>Toss dressing with the salad and serve.</li> </ol> <p>Quick Tip: This salad can be made well in advance. For the best-looking green asparagus, keep the dressing separate until just before serving.</p> <p>Source: Adapted from <a href="http://www.lentils.org/recipe/lentil-asparagus-salad/">http://www.lentils.org/recipe/lentil-asparagus-salad/</a></p>	5	5	
8 Prenatal Program 1-3 pm		12 Diabetes Education: Foot Care Education 11-12:30 pm Registration required call Katie Lam 647-436-0385 Ext. 519	12	12 Diabetes Education: How to Cook Healthy on a Budget 11-12:30 pm Registration required call Katie Lam 647-436-0385 Ext. 519
15 Prenatal Program 1-3 pm		19	19	19
22 Victoria Day - CENTRE CLOSED		26	26	26
29 Prenatal Program 1-3				



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Prenatal Program 1-3	<p align="center">Come join our <b>Food Security Forum</b>  <b>And Neighbourhood Design Roundtable</b></p> <p>Contact Mandana Attarzadeh, Community Engagement Worker, for more information: <a href="mailto:mandana.attarzadeh@unisonhcs.org">mandana.attarzadeh@unisonhcs.org</a> (647) 436-0385 Ext. 524</p> <p align="center"><b>PRENATAL PROGRAM OFFERS EXPERTISE IN NUTRITION, PRENATAL AND POST-NATAL CARE!</b> <b>FOR MORE INFORMATION PLEASE CONTACT,</b>  <b>JENNIFER SCHNEIDER, (647) 436-0385 EXT. 506</b></p>	8 Food Security Forum 6:00 p.m. to 8:00 p.m.	9	
12 Prenatal Program 1-3		15	16	
19 Prenatal Program 1-3		22	23	
26 Prenatal Program 1-3		29	30 Neighbourhood Design Roundtable 6:00 p.m. to 8:00 p.m.	

