




# BATHURST-FINCH SITE

 647-436-0385



## Chair Yoga, Mat Yoga, Tai Chi and Zumba classes

Registration required to participate in these classes. Priority is given to new registrants.

Contact: Farzana Propa at ext. 4508

## Healthy Feet, Diabetes & You

A program for anyone living with or giving care to someone with type 2 diabetes. This one-time workshop teaches skills needed for daily foot care. Please call (416) 787-1661 ext. 3301 to register.

## Healthy Living Program

Join our 10 weekly sessions to learn about healthy eating, mental health and learn to develop an exercise routine that fits your lifestyle. This program is led by a Registered Dietitian, Certified Fitness Instructor and Social Worker. Program is designed for participants with risk factors for chronic diseases. Please speak with your doctor or nurse for referral to the program.

For more information call Karina at x.3234

## Massage Clinic

Diabetes Education Program is offering free 15 minutes, over-the-clothes massage for individuals with prediabetes or type 2 diabetes, led by a Registered Massage Therapist. Space is **limited** and **pre-registration** required. Please call (416) 787-1661 ext. 3301 to register.

## Prenatal Program

If you are expecting a baby, please join us for our weekly prenatal program. Connect with mothers and other women, learn about pregnancy, baby care and healthy eating. TTC tokens are available.

Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

## Telephthalmology Services Extended to All Unison Sites

This service is to provide eye exams and retinal screenings at no cost. This service is covered under OHIP for individuals with diabetes. Non-OHIP insured clients with diabetes are also accepted. If you are interested in attending, please speak to your Doctor, Nurse Practitioner, or call Stephanie at (416) 787-1661 ext. 3301.

Thank you to Daniel Rose, resident of Lawrence Heights, for reviewing the program calendars and providing input to make improvements.



We would love to hear from you!!

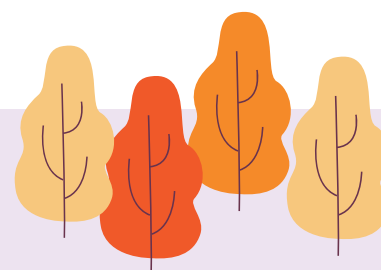
If you have any feedback or comments about the program calendars, Unison's services and programs, please call 647-436-0385, press "7" and leave us a message.



## Bathurst-Finch Site October 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		Healthy Living Program 10am – 12pm	Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	
7	8	9	10	11
Healthy Living Program 10am – 12pm Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	Zumba 2pm – 3pm*	Healthy Living Program 10am – 12pm Mat Yoga 6:30pm – 7:30pm*	Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	Massage Clinic 10am – 3:30pm*
14	15	16	17	18
Thanksgiving  Unison Closed	Zumba 2pm – 3pm*	Healthy Living Program 10am – 12pm Mat Yoga 6:30pm – 7:30pm*	Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	
21	22	23	24	25
Healthy Living Program 10am – 12pm Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	Zumba 2pm – 3pm*	Healthy Living Program 10am – 12pm Mat Yoga 6:30pm – 7:30pm*	Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	
28	29	30	31	
Healthy Living Program 10am – 12pm Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	Healthy Feet, Diabetes and You 9am – 12:30pm* Zumba 2pm – 3pm*	Healthy Living Program 10am – 12pm Mat Yoga 6:30pm – 7:30pm*	Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	

**\*Registration Required: See back page for contact person's information.\***  
**Programs are subject to change. Please contact program staff for more information.**





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If you have any feedback or comments about the program calendars, Unison's services and programs, please call

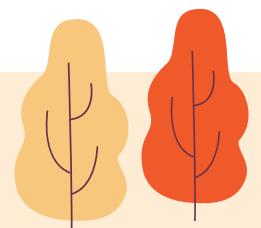
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## Bathurst-Finch Site November 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 <b>Healthy Living Program</b> 10am – 12pm <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	5 <b>Zumba</b> 2pm – 3pm*	6 <b>Healthy Living Program</b> 10am – 12pm <b>Mat Yoga</b> 6:30pm – 7:30pm*	7 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm*	8 <b>Massage Clinic</b> 10am – 3:30pm*
11 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	12 <b>Zumba</b> 2pm – 3pm*	13 <b>Mat Yoga</b> 6:30pm – 7:30pm*	14 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm*	15 
18 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	19 <b>Zumba</b> 2pm – 3pm*	20 <b>Mat Yoga</b> 6:30pm – 7:30pm*	21 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm*	22
25 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	26 <b>Zumba</b> 2pm – 3pm*	27 <b>Mat Yoga</b> 6:30pm – 7:30pm*	28 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm* <b>Teleophthalmology Clinic: Eye Screening for Diabetic clients</b> 9:30am – 5pm*	29

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We would love to hear from you!!

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## Bathurst-Finch Site December 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	3 <b>Zumba</b> 2pm – 3pm*	4 <b>Mat Yoga</b> 6:30pm – 7:30pm*	5 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm*	6
9 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	10 <b>Zumba</b> 2pm – 3pm*	11 <b>Mat Yoga</b> 6:30pm – 7:30pm*	12 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm*	13
16 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	17 <b>Zumba</b> 2pm – 3pm*	18 <b>Mat Yoga</b> 6:30pm – 7:30pm*	19 <b>Zumba</b> 11am – 12pm* <b>Tai Chi</b> 2:30pm – 3:30pm*	20
23 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	24 <b>Zumba</b> 2pm – 3pm*	25 <b>Christmas</b>  <b>Unison Closed</b>	26 <b>Boxing Day</b>  <b>Unison Closed</b>	27
30 <b>Chair Yoga</b> 1:30pm-2:30pm <b>Prenatal Program</b> 1:30pm – 3:30pm	31 <b>Zumba</b> 2pm – 3pm*			

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