



**Our groups are now ONLINE!**

Programs brought to you by  
Urban Health/Health Promotion and  
Mental Health/Social Work teams.

During this difficult time, it's important to continue looking after your physical and mental health. Self-care is always important, and it is essential for a pandemic. Follow these steps and join one of our group sessions to learn more.

Eat regularly.  
Fuel your body with  
healthy food.

Stay active  
physically.  
Keep moving  
your body.

Stay active socially.  
Meet friends and  
families virtually.

Prioritize sleep.  
Get adequate sleep.

Stay informed but  
not to overwhelm  
yourself. Find ways  
to ease stress.

## [Virtual] Nutrition 101 with the dietitian



**February 4<sup>th</sup> – Thursday from 11am- 12pm**

Let's talk about food and nutrition-based challenges during this pandemic. The class is led by a registered dietitian and will have time for you to ask questions. No registration required. *Join us on Zoom:*

<https://ca01web.zoom.us/j/68932723287?pwd=WjJQaTZSTTFRRWl0czZ2SWRlQjZnQT09>

Meeting ID: 689 3272 3287  
Passcode: 178632  
+1 647 374 4685 Canada

## [Virtual] Eating habits and lifestyle changes during COVID 19



**February 11<sup>th</sup> - Thursday from 11am- 12pm**

Let's talk about how the pandemic has changed the way we eat. No registration required. *Join us on Zoom:*

<https://ca01web.zoom.us/j/67999699735?pwd=Ylhrc3JkaTQrbFhOSFNhOUxxNXJrQT09>

Meeting ID: 679 9969 9735  
Passcode: 404458  
+1 647 374 4685 Canada

## [Virtual] Cooking demo: simple and healthy snack ideas during COVID-19



**February 18<sup>th</sup> - Thursday from 11am- 12pm**

No registration required. *Join us on Zoom:*

<https://ca01web.zoom.us/j/61066608585?pwd=cHJnaStZWUo1anByNXNhVGxIRGNudz09>

Meeting ID: 610 6660 8585  
Passcode: 191162  
+1 647 374 4685 Canada

## [Virtual] Self-care through food during the pandemic



**February 25<sup>th</sup> - Thursday from 11am- 12pm**

Let's talk about strategies to reduce stress and emotional eating during this pandemic. No registration required. *Join us on Zoom:*

<https://ca01web.zoom.us/j/62415715079?pwd=RTJLVdhTTGpYN05ZUklkREdURmlLdz09>

Meeting ID: 624 1571 5079

Passcode: 371022

+1 647 374 4685 Canada

## [Virtual] Healthy Living Program

**Dates: February 8 (Mon), 10 (Wed), 17 (Wed), 19 (Fri), 22 (Mon), 24 (Wed) & March 1 (Mon), 3 (Wed), 8 (Mon), 10 (Wed)**

**Time: 10 am to noon**



During the COVID-19 pandemic, many of our usual routines have changed. We may find it harder to manage health. It is more important than ever to think about staying active and eating well. Learn about managing your health during the pandemic.

Sign up for 10 sessions of learning healthy eating, coping with mental health and developing an exercise routine that fits your new lifestyle.

To Register: Call **Camille Machado @ 416-787-1661 x. 3231**

## [Virtual] Prenatal and Parenting Programs

Learn more about infant and maternal health.



**Having a baby drop in for pregnant women**

(for clients living in Weston Mount Dennis)

Wednesdays 1:30-2:30 pm

VIA ZOOM

**Baby and me for parents with babies**

**under 1 year** (for clients living in Weston Mount Dennis)

Wednesdays 1:30-2:30 pm

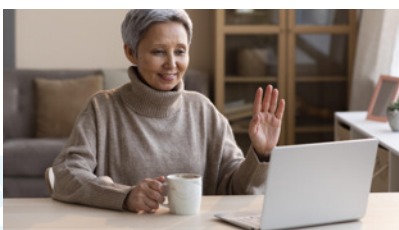
VIA ZOOM

Participants will receive **\$10 food vouchers** for each virtual session attended. Clients experiencing financial stress will be provided with one-time baby care supplies.

To Register: Call **Karina Portillo / Klodiana Dibra @ 416-787-1661 x.1300**

## [Virtual] Seniors Programs

Learn how to cope with stress during COVID, share life stories, make a few new friends and be a support to each other!



**Forever Young Seniors**

Thursdays 11 am-12:30 pm

VIA ZOOM

**Social + Fitness Club**

Fridays 9:30-10:30 am

VIA ZOOM

To Register: Call **Albana Qatipi @ 416-787-1661 x. 3256**

# [Virtual] Fitness Programs

Physical activity can help you manage stress during the COVID-19 pandemic. Come join our weekly exercise program to stay active throughout the winter!



## Tai Chi:

Practice your balance and meditation.  
Tuesdays from 11:00 am to noon  
VIA ZOOM

## Cardio and Light Weights:

A fast paced class where you dance with light weights.  
Tuesdays from 1:30 pm to 2:30 pm VIA ZOOM  
**\*Class ends April 6\***

## Chair Yoga:

A gentle class to explore movement and strengthen your muscles.  
Mondays from 1:30 pm to 2:30 pm  
VIA ZOOM

## Zumba Gold:

Come and dance to Latin songs.  
Thursdays from 1:30 pm to 2:30 pm  
VIA ZOOM

## Mat Yoga:

This is a functional yoga class designed for your everyday life movements.  
Wednesdays from 10:00 am to 11:00 am  
VIA ZOOM  
**\*Class ends April 7\***

To register please email [ana.sanchez@unisonhcs.org](mailto:ana.sanchez@unisonhcs.org) or call at 416-787-1661 ext. 3235

## Mind Body and Yoga

Therapeutic group combining mindfulness and yoga! This will be a chair yoga class.

Thursdays | 10:45 am-12:00 pm  
January 21, 2021 to March 25, 2021  
VIA ZOOM

To register:

Call 416-645-7575 x. 2224 OR

Email [thawany.monteiro@unisonhcs.org](mailto:thawany.monteiro@unisonhcs.org)

## Laughter Yoga

A great way to heal & relieve stress! Sessions include unique exercises that combine unconditional laughter with yogic breathing.

Fridays | 9:45 am-11:00 am  
January 22, 2021, February 19, 2021,  
March 19, 2021  
VIA ZOOM

To register:

Call 416-645-7575 x. 2224 OR

Email [thawany.monteiro@unisonhcs.org](mailto:thawany.monteiro@unisonhcs.org)

## Mind Body and Soca

Combines soca exercises (an infusion of African and Caribbean dance) and mindfulness to help community members reflect on their overall wellness.

Wednesdays | 9:45 am-11:00 am  
January 27, 2021 to March 31, 2021  
VIA ZOOM

To register:

Call 416-645-7575 x. 2224 OR

Email [kaylee.downey@unisonhcs.org](mailto:kaylee.downey@unisonhcs.org)

## [ IMPORTANT PHONE NUMBERS ]

### COVID-19 Testing Appointment Hotline

Get tested if you have symptoms or were in close contact with someone with COVID-19.

**Call 416-787-1661**

**Ext. 3113 (Jane Trethewey), 3121 (Keele Rogers),  
3114 (Lawrence Heights)**

### COVID Care Support Hotline

For those who have tested positive for COVID-19 and need help with food, isolation space and other supports.

**Call 416-787-1661 Ext. 3300**