

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**



04 | APRIL 2017



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



Jane-Tretheway Site PROGRAM CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|---|--|--|
| 3 | 4 Healthy Families: noon - 3:00 pm | 5 | 6 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 - 6:30 pm | 7 Dancing into Health: 2 to 4 pm |
| 10 | 11 Healthy Families: noon - 3:00 pm | 12 Seniors Exercise and Nutrition Program: 9:30 am to Noon | 13 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 - 6:30 pm | 14 Dancing into Health: 2 to 4 pm |
| 17 | 18 Healthy Families: noon - 3:00 pm | 19 Seniors Exercise and Nutrition Program: 9:30 am to Noon | 20 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 - 6:30 pm | 21 Dancing into Health: 2 to 4 pm |
| 24 | 25 Healthy Families: noon - 3:00 pm | 26 Seniors Exercise and Nutrition Program: 9:30 am to Noon | 27 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 - 6:30 pm | 28 Dancing into Health: 2 to 4 pm |





Also visit us online!

www.unisonhcs.org



www.facebook.com/UnisonHCS



www.twitter.com/unisonhcs



African, Caribbean, Black and Latino Health and Wellness Day

When was the last time you thought about your sexual health?

Community INFO Fair

June 3, Saturday, 11 to 5 pm

Come join us! Workshops! Art! Music! Prizes! Counselors! Anonymous Testing! Lunch! Community Services! For more information, please call 647-290-4620.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------|---|--|---|
| <p>After a long winter, spring brings back the sun along with a tasty variety of fruits and vegetables.</p> <p>Try this recipe to make a tasty healthy Lentil Asparagus Salad</p> <p>Fresh, crisp asparagus, dill, plump lentils and fresh strawberries are tossed with toasted almonds and a refreshing lemon dressing in this bright, spring salad.</p> <p>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.</p> <p>Strawberries are rich in vitamin C, folate, fiber and potassium.</p> <p>See recipe on next page.</p> | | <p>3 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>4 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>5 Dancing into Health: 2 to 4 pm</p> |
| | | <p>10 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>11 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>12 Dancing into Health: 2 to 4 pm</p> |
| | | <p>17 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>18 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>19 Dancing into Health: 2 to 4 pm</p> |
| <p>22 VICTORIA DAY - CENTER CLOSED</p> | | <p>24 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>25 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>26 Dancing into Health: 2 to 4 pm</p> |
| | | <p>31 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|--|---|
| <p><u>Lentil Asparagus Salad</u></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 1. 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. 2. For the dressing: whisk together lemon zest and juice, honey, oil, salt, and pepper. 3. Toss dressing with the salad and serve.</p> <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 http://www.lentils.org/recipe/lentil-asparagus-salad/</p> | | | <p>1 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>2 Dancing into Health: 2 to 4 pm</p> |
| | | <p>7 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>8 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>9 Dancing into Health: 2 to 4 pm</p> |
| | | <p>14 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>15 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>16 Dancing into Health: 2 to 4 pm</p> |
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| | | <p>28 Seniors Exercise and Nutrition Program: 9:30 am to 12 Noon</p> | <p>29 Tai Chi: 10 to noon Having a baby Drop in for teen moms: 4:30 pm - 6:30 pm</p> | <p>30 Dancing into Health: 2 to 4 pm</p> |

