

HEALTH & WELLNESS PROGRAMS AT A GLANCE

SPRING ISSUE



<i>What program is offered?</i>	<i>Who is this for?</i>
<p>Arthritis Pain Management - Keele Rogers and Jane Street Hub</p>	<p>People with any arthritis pain. Facilitated by Registered Dietitian, Social Worker, Fitness Instructor and Physiotherapist.</p>
<p>Baby and Me - Keele Rogers</p>	<p>Parents or caregivers with child 0-1 year. Circle time and education sessions by social service and health providers.</p>
<p>Childcare Providers Training - Lawrence Heights & Jane Street Hub</p>	<p>People who look after children 0-12 years or are interested in setting up home-based daycare.</p>
<p>Community Garden - Bathurst Finch Hub</p>	<p>It's gardening season! Youths and adults who would like to volunteer are welcome to help grow plants and donate produce to food bank.</p>
<p>Gentle Fitness + Fall Prevention for Seniors - Bathurst Finch Hub, Keele Rogers and Jane Street Hub</p>	<p>Anyone 18+ who would benefit from staying active and socialize. Falls prevention workshops facilitated by a Physiotherapist.</p>
<p>Green Market - 1652 Keele Street</p>	<p>Weekly low-cost produce market @ 1652 Keele Street. Anyone is welcome. Every Wednesday: May 1 to August 14</p>
<p>Healthy Living (Fitness and Healthy Eating) - Lawrence Heights & Virtual</p>	<p>People who have high blood pressure, high cholesterol and are overweight. Facilitated by Registered Dietitian, Social Worker and Fitness Instructor.</p>
<p>Older Adults Club - Lawrence Heights & Jane Street Hub</p>	<p>Anyone 55+ who wants to meet new friends, share and learn new skills, and volunteer.</p>
<p>Prenatal Group (CPNP) - Keele Rogers</p>	<p>People who are pregnant. Education provided by health and social service providers.</p>
<p>Seniors Online (Digital Equity) - Keele Rogers</p>	<p>Seniors 55+ from KR communities with limited access to digital devices and connectivity. Social Worker provides mental health support.</p>

TO SIGN UP OR FOR MORE INFORMATION,

CALL 416-787-1661 X.1020

AND LEAVE YOUR NAME, PHONE NUMBER AND PROGRAM(S)

YOU ARE INTERESTED IN!