



WELLNESS PROGRAMS AT-A-GLANCE

<i>Group Programs</i>	<i>For whom?</i>  
Arthritis Pain Management - All locations	People with any arthritis pain. Facilitated by Registered Dietitian, Social Worker, Fitness Instructor and Physiotherapist.
Baby and Me - Keele Rogers	Parents or caregivers with child 0-1 year. Circle time and education sessions by social service and health providers.
Gentle Fitness + Fall Prevention for Seniors - All locations	Anyone 18+ who would benefit from staying active and socialize. Falls prevention workshops facilitated by a Physiotherapist.
Healthy Living (Fitness and Healthy Eating) - All locations	People who have high blood pressure, high cholesterol and are overweight. Facilitated by Registered Dietitian, Social Worker and Fitness Instructor.
Older Adults Club - Lawrence Heights & Keele Rogers	Anyone 55+ who wants to meet new friends, share and learn new skills, and volunteer.
Prenatal Group (CPNP) - Keele Rogers	People who are pregnant. Education provided by health and social service providers.
Seniors Online (Digital Equity & Literacy) - KR	Seniors 55+ from KR communities with limited access to digital devices and connectivity. Social Worker provides mental health support.

TO SIGN UP:

**CALL 416-787-1661 X.1020
TO LEAVE A MESSAGE.**

OR SCAN HERE

