

# April to September 2025

## Urban Health

### Wellness Programs at-a-Glance



Group programs	For Whom
<b>Arthritis Pain Management</b> -Lawrence Heights	People with any arthritis pain. Facilitated by Registered Dietitian, Social Worker, Fitness Instructor and Physiotherapist.
<b>Baby and Me</b> - Keele Rogers	Parents or caregivers with child <u>0-18 months</u> . Clients receive food vouchers and Presto tickets each week. Education sessions by Lactation Specialist, Dietitian, Social Worker, Nurse, other social service and health providers.
<b>**NEW Drop-in Gentle Fitness + Fall Prevention for Seniors</b> - Bathurst Finch Hub, Keele Rogers & Jane Street Hub	Anyone 18+ who would benefit from staying active and socialize. Falls prevention workshops facilitated by a Physiotherapist.
<b>Older Adults Club</b> - Lawrence Heights & Keele Rogers	Anyone 55+ who wants to meet new friends, share and learn new skills, and volunteer.
<b>Prenatal Group (Having a Baby Drop in For Pregnant Women)</b> - Keele Rogers	Prenatal clients receive food vouchers, Presto tickets, food items and baby care supplies. Education sessions provided by Nurse, Lactation Specialist, Dietitian, Social Worker and other health and social service providers.
<b>Seniors Online</b> (Digital Equity & Literacy) -Lawrence Heights & Bathurst and Finch	Seniors 55+ from LH & BF communities with limited access to digital devices and connectivity. Social Worker provides mental health support.

If you are looking for volunteer opportunities, please contact us.

We are looking for individuals who are interested in the following:

**Community-led Produce Markets, Community Garden or Supporting Seniors Learning Digital Literacy.**

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

**OR SCAN HERE**

