

DIABETES PREVENTION AND MANAGEMENT

SOUTH ASIAN DIABETES PREVENTION PROGRAM

You may not have diabetes right now, learn how you can keep it that way! Come join us for an Early Detection Clinic! You will get a chance to learn and meet with a registered dietitian and nurse.

Register today! Contact Ammara to speak in **Urdu, Punjabi and Hindi** at **416-629-2614**

Contact Priyenka to speak in **Tamil** at **416-799-6107**

For more information on screening schedules and workshops contact :

Neil Stephens, Program Coordinator

cell: **416-803-2813** or **416-429-4991 ext. 217**

DON MILLS DIABETES EDUCATION PROGRAM

We offer group and individual sessions for people with Type 2 diabetes & pre-diabetes. You can learn healthy eating, blood sugar monitoring and preventing complications

For group sessions and to meet with the registered dietitian and nurse

please call: **Stella**
416-640-5298 ext. 216



fhc
FLEMINGDON
HEALTH CENTRE

TOGETHER
FOCUSING ON
HEALTHY COMMUNITIES

Programs & Services

Spring 2017

(APRIL- MAY- JUNE)

5 Fairview Mall, Suite 359

Toronto, Ontario M2J 2Z1

416-640-5298

www.fhc-chc.com

For accessibility information,
Please visit our website or contact us

CHILDREN, YOUTH AND FAMILIES PROGRAMS:

BE SCENE MAGAZINE

Youth led magazine club. Opportunity to engage with youth, learn graphic and writing skills.

Be Scene Magazine – will be recruiting youth volunteers to assist with the next issue. Volunteers are asked to contact the Be Scene Team at: bescenemag@gmail.com group meets bi-weekly on Fridays.

Tokens and snacks are provided.

For more information contact: Anna Polla
apolla@fhc-chc.com

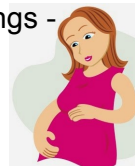
PRENATAL PROGRAM

Every Monday 5:30-7:00pm

Partner agencies: FHC, Toronto Public Health and Better Beginnings -

Learn about:

- Healthy Eating,
- Breast feeding,
- Caring for yourself,
- Caring for your baby & Labour and birth



Childcare provided

Please call to register 416-499-3377

ORIOLE FOOD SPACE (OFS)

NEW LOCATION AND DROP IN HOURS

OFS is a multi- service program which aims to build healthy community through food. OFS include a *drop-in food bank, community kitchens, nutrition & garden workshops*. For more information call: 416-640-5298 ext. 224

Oriole Community Centre– 2975 Don Mills Road W.

Food Bank Drop In Hours: Tue 7-9pm —Thu 9:30-11:30 am — Fri 12:30-2:30pm

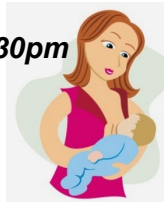
For more information call 647-772-3664

BREASTFEEDING CLINIC (DROP-IN)

Pregnant women and new moms are welcome. One-to-one support and help with breastfeeding in collaboration with Toronto Public Health.

Tuesdays: 1:30pm– 3:30pm

For more information
call our main line
at **416-640-5298**



NEW CLIENT REGISTRATION

Nursing, Physician Care, Mental Health Counselling, Foot Care, Nutrition Counselling, Community Programs, Diabetes Prevention and Management Program.

All programs are open to people living in our catchment and who meet eligibility criteria:

**Lawrence to Steels Avenue,
and Victoria Park to Bayview**

To register and set an appointment call our main line at: 416-640-5298

SPECIALIZED CLINICS

TORONTO PUBLIC HEALTH DENTAL

Free basic dental care to children (0-17 years), adults enrolled in selected Toronto Public Health Programs and seniors (65 years and older)

- You must live in Toronto
 - You cannot have dental insurance
 - You cannot pay for a dentist
- Please call to book an appointment
416-338-1008

MEDICAL FOOT CARE

Foot and ankle care is available to clients who have a doctor's referral and who meet our eligibility criteria.

For more information call our main line.

416-640-5298 ext 216



FITNESS PROGRAMS		TIME AND DATE	CONTACT	PROGRAM DESCRIPTION
MEN'S FITNESS PROGRAM	Registration required	To be determined.	SILVEA CHOWDHURY 416-554-9608	This is a free, fun program that supports active living and healthy life styles. Join today to achieve your fitness goal! Wear comfortable clothing and shoes!
FELDENKRAIS– AWARENESS THROUGH MOVEMENT	Registration required	Apr 13th - Jun 15th Thu, 10:30 –11:30	Tessy 416-640-5298 ext. 224	Reduce or eliminate pain and increase mobility through natural body movement sequences and deep breathing exercises. All ages welcome!
URBAN POLE WALKING @ PARKWAY FOREST COMMUNITY CENTRE	Registration required	Starts on Apr 4th Tue, 10:00 – 11:00 am Or 11:15 – 12:15 pm	Tessy 416-640-5298 ext. 224	Join a hands-on 1 hour pole walking session every week. Poles provided. Beginner/ Intermediate Level– good for strengthening, balance and stretching. Everyone is welcome! Registration required!
FIT FOR LIFE 55+ PROGRAM– LOW IMPACT FITNESS	Registration required	Ongoing program	Anna Azaryan 416-429-4991 ext. 248	Join a Low-Impact Fitness programs in your community. If you are interested in learning more about the programs, please contact Anna. Registration required!
WOMEN'S YOGA PROGRAM	Drop-In	Ongoing program Tue. 10:00-11:00am	Van Quach 416-640-5298 ext. 206	Increase flexibility and strength. Wear comfortable clothing. Limited space. Mats provided for this program. Childminding available but <u>must request one week in advance.</u>

HEALTH AND WELLNESS PROGRAMS

SOCIAL CHINESE KNITTING GROUP	Drop IN	Apr 6th - Jun 15th Thu, 1:00– 3:30 pm	Cinthya Narvaez 416-640-5298 ext. 203	Relax and learn how to knit: scarves, hats, booties and more! Socialize and meet others.
FOREVER YOUNG PROGRAM	Registration required	See program schedule Wed, 1:00– 2:30 pm	Luisa DiSimone 647-200-9639	Chat, learn and socialize with others. See Forever Young schedule at a glance for details about upcoming activities. Some activities require registration!
MEN'S ADVISORY	Registration required	2nd Sat of each month 11:30– 2:00 PM	Silvea Chowdhury 416-429-4991 ext. 281	Join us to improve and create programs and services relevant to men, get support you need to build a healthier sense of yourself. Educational sessions and fun outings planned monthly.
WOMEN'S HEALTH TALK WORKSHOPS	Registration Required	Apr 21st - May 12th Fri, 10:00 -12:00 pm	Tessy Oti 416-640-5298 ext. 224	Various health concerns impacting women's health are discussed. Come chat and learn about different health related topics relating to sexual health and healthy relationships.
COMMUNITY KITCHEN PROGRAM	Registration required.	Dates to be determined	Evelyn 416-640-5298 ext. 224	An 8 week program that helps participants learn about new food recipes. Come and enjoy cooking together with others and make new friends! Space is limited.

CHILDREN, YOUTH AND FAMILIES PROGRAMS

BABY AND ME	Registration Required	May 3rd - Jun 7th Wed, 10:30 - 11:30 am	Anna Polla 647-462-9789	You will learn, adjusting to new baby, local resources, postpartum body changes and lots more. Snacks and childminding is provided
GIRLS PROGRAM	Registration Required	Apr 11th - Jun 13th Tue, 4:00 - 5:30 pm	Anna Polla 647-462-9789	The girls program for ages 12 –15 years old. Various topics and activities planned each week. Participants will get volunteer hours for their participation.