

WINTER PROGRAMS | JANUARY TO MARCH 2024



Monday

Tuesday

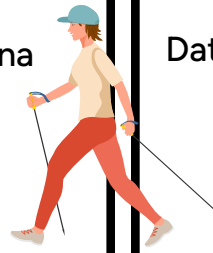
Wednesday

Thursday

Friday

Pole Walking

Dates: January 29 - March 11
Time: 9:15 - 10:15 AM
10:30-11:30 AM
Contact: Ester or Svetlana



Gentle Fitness

Dates: January 8 - March 25
Time: 12:00 - 12:45 PM
Contact: Svetlana



Next Education by Theatre

Dates: January 8 - March 25
Time: 3:00 - 5:00 PM
Contact: Salma



Prenatal

Dates: January 8 - March 25
Time: 5:00 - 6:30 PM
Contact: Ester



Health & Wellness

Dates: January 23 - March 19
Time: 2:00 - 3:00 PM
Contact: Svetlana



Female Youth Group

Dates: January 9 - March 26
Time: 2:00 - 4:00 PM
Contact: Salma



Forever Young

Dates: January 16 - March 12
Time: 2:00 - 4:00 PM
Contact: Svetlana



Youth Lunch Drop-In

Dates: January 11 - March 28
Time: 11:45 - 12:45 PM
Contact: Salma

Low Impact Aerobic

Dates: January 24 - March 13
Time: 1:00 - 2:00 PM
Contact: Svetlana



Prenatal

Dates: January 10 - March 27
Time: 1:00 - 3:00 PM
Contact: Ester



Fun With Food

Dates: January 31 - March 27
Time: 2:30 - 3:30 PM
Contact: Ester



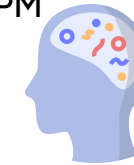
Gentle Yoga

Dates: January 25 - Feb 29
Time: 10:00 - 11:20 AM
Contact: Masooma



Ageless Grace

Dates: January 18 - March 14
Time: 11:00 - 12:00 PM
Contact: Svetlana



No Whisk, No Reward

Dates: January 26 - March 28
Time: 11:30 - 12:30 PM
Contact: Salma

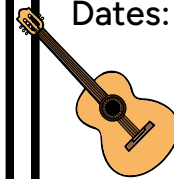


Youth Lunch Drop-In

Dates: January 11 - March 28
Time: 11:45 - 12:45 PM
Contact: Salma

VUM with Megan

Dates: January 11 - March 28
Time: 3:30 - 4:30 PM
Contact: Salma



Men's Group

Dates: January 25 - March 28
Time: 6:00-7:00 PM
Contact: Ester



Women's Sewing Program

Dates: January 19 - March 22
Time: 12:30 - 1:30 PM
Contact: Salma



SPECIAL EVENTS

Ramadan Health Workshop

Location: Option of in-person at 10 Gateway or Zoom
Date: March 5
Time: 10:00 - 11:30 AM



Understanding Stress, Depression, and Trauma

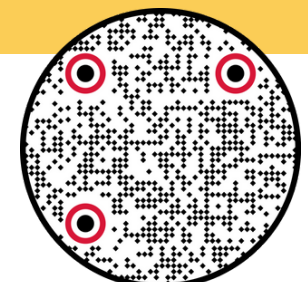
Choose the location closest to you:

Fairview Location (5 Fairview Mall Dr)
Date: March 7
Time: 10:00 - 11:30 AM

OR

Flemingdon Location, 10 Gateway Blvd
Date: March 21
Time: 10:00 - 11:30 AM

Scan OR Click
Register TODAY!



Flip this page



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Contact Information

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Preventing Diabetes: The South Asian Way

Join our culturally relevant and language-specific workshops for South Asian communities to learn how to prevent Type-2 Diabetes.

Register early as space is limited!

Session 1: Diabetes Awareness Session

Session 2: Coping with Stress

Session 3: Healthy Eating

Session 4: Physical Activity and Goal Setting



For more information, please email:
SADPP@fhc-chc.com



Our primary goal is encouraging bicycle repair and refurbishment, reducing waste, and promoting cycling culture by offering **FREE** services and training.



Contact Info:

www.gatewaybikehub.org
10 Gateway Blvd. Suite 100 B
416.551.2011
info@gatewaybikehub.org

Begin Volunteering TODAY!

Youth and Adult
Volunteer opportunities
available at the health
centre!

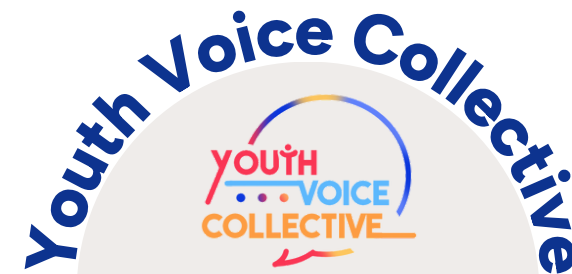


GET INVOLVED TODAY!



**CLICK
HERE**

OR



MORE INFORMATION?

Contact: Salma Sufi
Email: ssufi@fhc-chc.com

Join us! If you are interested in youth opportunities related to community safety, violence prevention, and community engagement. We offer **FREE** workshops/forums, youth events, programs, and volunteer opportunities!.

For FHC hours, please visit
www.fhc-chc.com

