

Community Engagement Activities
Monthly Calendar 2024



January

Please Contact

Shabnam Meraj: (437) 771- 3726 - Smeraj@healthaccesstp.org



**Health Access
Thorncliffe Park**
Community Health, Close to Home.

Women Only 11:30 am - 1:30 pm

With



Taking Care of Your Holistic Health
The Gut Mind Connection + Arts and Crafts Activities
The Neighbourhood Organization @10 Gateway Blvd
By Registered Dietitian: Johnny Zhao

Seniors 55+ 11:00 am - 12:00 pm

Ageless Grace is a revolutionary brain fitness program consisting of 21 simple exercise tools designed for all ages and abilities. These seated exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and brain.

With

Weekly and virtually for 8 sessions



General 10:00 am - 12:00 pm

Making Healthy Food Choices Using Canada Food Guide
Toronto Public Library - Thorncliffe Branch
By Registered Dietitian: Johnny Zhao

General 10:00 am - 12:00 pm

Food Safety
Toronto Public Library - Thorncliffe Branch
By Registered Dietitian: Johnny Zhao

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Happy New Year	2	3	4	5	6
7	8	9 The Gut Mind Connection	10	11	12	13
14	15	16	17	18 Ageless Grace #1	19	20
21	22 Making Healthy Food Choices	23	24	25 Ageless Grace #2	26	27
28	29 Food Safety	30	31			

Shabnam Meraj: (437) 771 - 3726 - Smeraj@healthaccessstp.org