



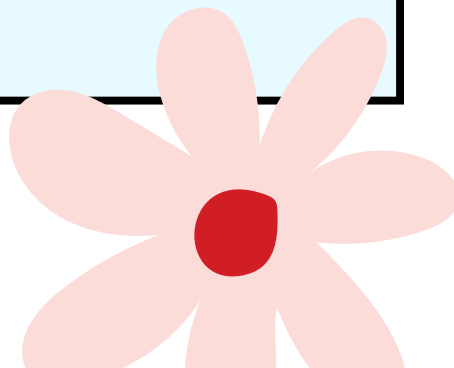
DMDGP/CDMH

PROGRAMS & WORKSHOPS

FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2



WORKSHOPS WITH THE DIABETES TEAM

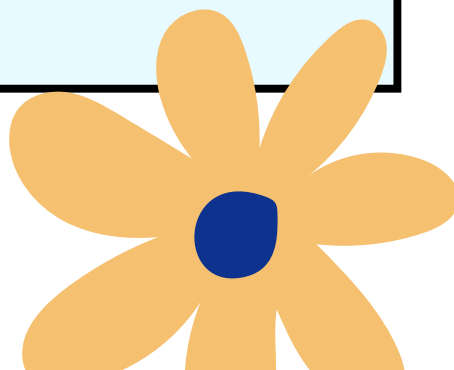
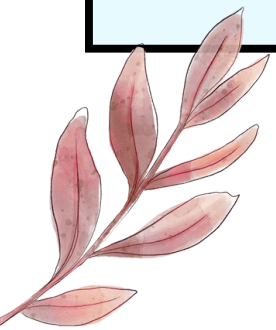
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Diabetes Quiz Game	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	July 24	1:30pm - 3:00pm	359-5 Fairview Mall Drive (FV Site)	Contact Lilian at: 416-640-5298 x 416
Overcoming Physical Activity Barriers	Better Living	Seniors (55+)	July 25	10:30am-11:30am	5 Deauville Lane	Contact Khalisah: 647-462-0297
Hypertension/BP Management	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	August 14 Sep 11	11:00am-12:30pm	10 Gateway Blvd (FL Site)	Contact Lilian at: 416-640-5298 x 416 or Tamar at: 416-429-4991 x 276



FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

WORKSHOPS WITH THE DIABETES TEAM


Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Diabetes Support Group	Internal Sessions	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Sep 4 Sep 11 Sep 18	1:30pm - 2:30pm	359-5 Fairview Mall Drive (FV Site)	Contact Lilian at: 416-640-5298 x 416
Resistance Band Exercises	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Sep 18	1:00pm-3:00pm	10 Gateway Blvd (FL Site)	Contact Lilian at: 416-640-5298 x 416 or Tamar at: 416-429-4991 x 276
Resistance Band Exercises	Internal Session	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Sep 25	1:00pm-3:00pm	359-5 Fairview Mall Drive (FV Site)	Contact Lilian at: 416-640-5298 x 416 or Tamar at: 416-429-4991 x 276

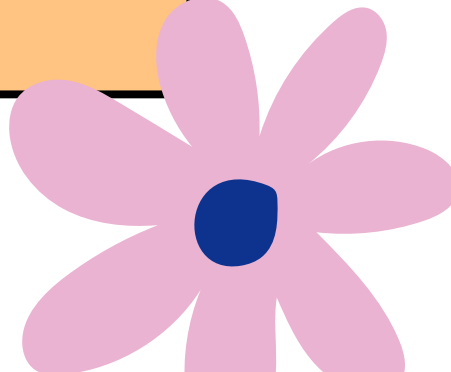


FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

WORKSHOPS WITH THE CHIROPODIST AND PHYSIOTHERAPY



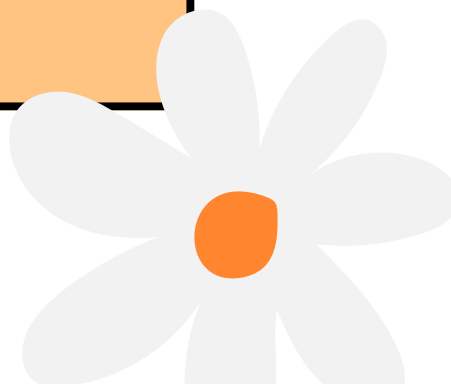
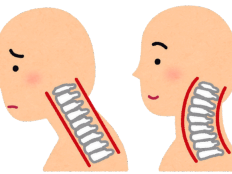
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Posture Improvement	Scarborough Centre for Healthy Communities	Seniors (55+)	July 15	2:00pm-3:00pm	Virtual on Zoom	Contact Khalisah: 647-462-0297
Posture Improvement	Armenian Community Centre of Toronto	Seniors (55+)	July 17	12:00pm-1:00pm	45 Hallcrown Place	Contact Khalisah: 647-462-0297
Foot Health	FHC - Prenatal Program	Pregnant Women	July 23	1:30pm-2:30pm	10 Gateway Blvd (FL Site)	Contact Ester at: 416-640-5298 ext 425



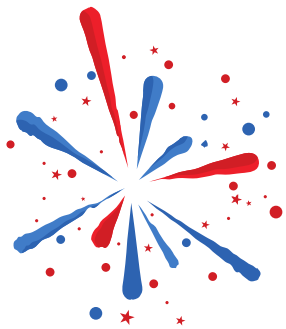
FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

WORKSHOPS WITH THE CHIROPODIST AND PHYSIOTHERAPY

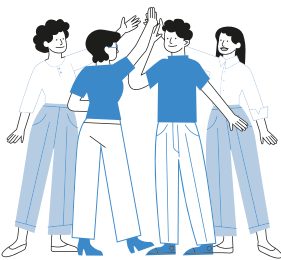
Program/ Workshop Title	With	Target	When 	Time 	Where	How to Register
Safety at Home and Outdoors	TNO	Open to all	July 30	11:00am-1:00pm	TNO - Location TBD	Contact Khalisah: 647-462-0297
Posture Improvement	Suomi Koti	Seniors (55+)	Aug 12	2:00pm-3:00pm	795 Eglinton Ave	Contact Khalisah: 647-462-0297
Posture Improvement	FHC - Prenatal Program	Pregnant Women	Sep 24	1:30pm-2:30pm	10 Gateway Blvd (FL Site)	Contact Ester at: 416-640-5298 ext 425



FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2

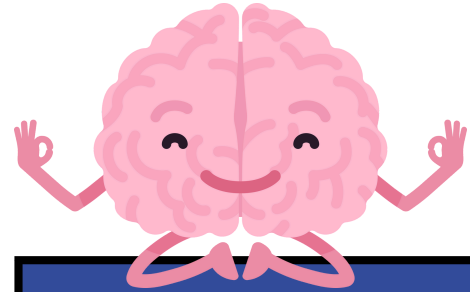


WORKSHOPS WITH THE NUTRITION TEAM



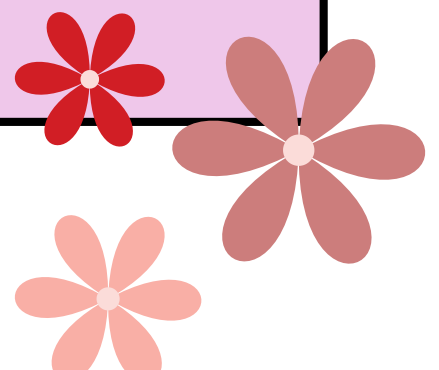
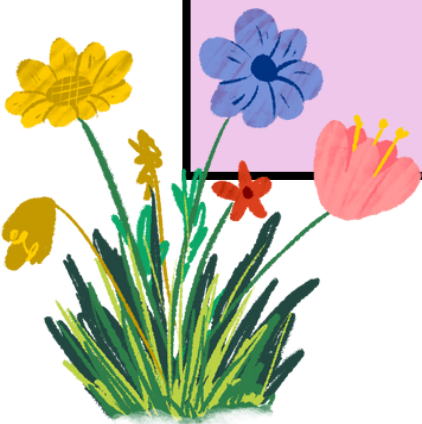
Title	With	Target	When 	Time 	Where	How to Register
 Prenatal	Lumenus	Pregnant Women	8-Apr 2024 - 31 Mar 2025	5:00 pm - 6:30 pm	359-5 Fairview Mall Drive	Contact Khalisah: 647-462-0297
Cooking Workshop	Better Living	Seniors (55+)	July 16	2:00pm-3:00pm	1 Overland Drive	Contact Khalisah: 647-462-0297

FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2



WORKSHOPS WITH THE SOCIAL WORK TEAM

Title	With	Target	When 	Time 	Where	How to Register
Mindfulness	Woodgreen	Seniors (55+)	July 29	1:30pm-2:30pm	266 Donlands Avenue	Contact Khalisah: 647-462-0297
Mindfulness	AWIC	Seniors (55+)	Aug 1	1:00pm-4:00pm	309 - 150 Consumers Rd	Contact Khalisah: 647-462-0297
Diabetes Support Group	Internal Sessions	Clients with Pre-diabetes or Type 2 Diabetes, or at Risk for Diabetes	Sep 4 Sep 11 Sep 18	1:30pm - 2:30pm	359-5 Fairview Mall Drive (FV Site)	Contact Lilian at: 416-640-5298 x 416

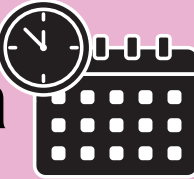
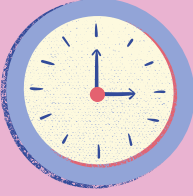


FHC'S CHRONIC DISEASE AND MENTAL HEALTH WORKSHOPS Q2



WORKSHOPS WITH THE INTEGRATED MENTAL HEALTH TEAM



Title	With	Target	When 	Time 	Where	How to Register
Seniors Group	Better Living	Seniors (55+)	Wednesdays: Dates TBC	2:00pm - 5:00pm	1 Overland Drive	Contact Dezerine at: 416-429-4991 ext 303
Men's Social Group	Internal	All male identifying individuals	Every 4 th Thursday of the month	6:00pm- 7:30pm	10 Gateway Blvd (FL Site)	Contact Dezerine at: 416-429-4991 ext 303



DMDCP/CDMH

PROGRAMS & WORKSHOPS