



FREE APRIL 2025 Group Education Classes

Zoom link will be sent for all virtual sessions.

Light refreshments provided

Sat April 05 (9:30-10:30am) ~ [Healthy Aging \(Nutrition for Older Adults\)](#) Presentation by Registered Dietitian ~ In-Person @ 245 Dixon Rd. **Please check in at POD 1. (Or Zoom Virtual Platform)*

Wed April 02, 2025 (6:00-7:00pm) ~ [Living Well With Diabetes \(Part A: For those newly diagnosis with Diabetes, lifestyle management\)](#) ~ In-Person @ 245 Dixon Rd. *Presented by Registered Dietitian *Please check in at POD 1*

Sat April 12, 2025 (11:30-12:30pm) ~ [Sleep Therapy \(having trouble falling , staying asleep or taking medication to help with sleep\)](#) ~ Presented by Registered Social Worker. In-Person @ 2050 Weston Rd.

Saturday April 12, 2025 (9:30-10:30am) ~ [Mediterranean Diet Class \(healthy eating for weight loss and managing high cholesterol levels\)](#). Presented by Registered Dietitian . In-Person @ 2050 Weston Rd.

Thursday April 17, 2025 (6-7pm) ~ [Healing Together Mental Health Support Group \(mental health support group\)](#) Presented by Social Workers. In-Person @ 245 Dixon Rd. **Please check in at POD 1. (Or Zoom Virtual Platform)*

Wed April 30, 2025 (6:00-7:00pm) ~ [Living Well With Diabetes \(Part B: Diabetes Complication & Treatment\)](#) In-Person @ 245 Dixon Rd. Presented by Registered Dietitian & Chiroprapist **Please check in at POD 1*

Call 416-740-2810 or 647-342-8266 or register online @ hrfht.com