

August 2024 Free Group Education Classes

- **Saturday August 10 ~ Healthy Heart Class 10am-12:00 @ 2050 Weston Road.**



- **Wednesday August 14 ~ Living Well with Diabetes Workshop 6:00-8:00pm @ 245 Dixon Road**



- **Thursday August 22 ~ Healing Together Mental Health Support Group 6:00 8:00pm 2050 Weston Road**



- Snacks will be provided for all in-person workshop.

Call **416-740-2810** or **647-342-8266** for

more information or register online @ hrfht.com.

Everyone is welcome. No Referral is Required.