



Humber River
Family Health Team

Programs, Health & Wellness Classes

OUR LOCATIONS

Dixon Site
245 Dixon Rd
Etobicoke, ON
647-342-8266

Weston Site
2050 Weston Road
Toronto, ON
416-740-2810

Free and Open to Anyone!

Sessions During November 2025

10 Mon

Falls Prevention & Mental Wellness

9:30 - 10:15 am | Weston

Support For Seniors

11 Tue

Targeted Mental Health

3:00 - 4:00 pm | Dixon

Chronic Conditions Education

10:00 - 11:00 am | Weston

12 Wed

Women's Health Education

3:00 - 4:00 pm | Dixon

13 Thu

Weight Loss Support Group

3:30 - 4:30 pm | Weston

17 Mon

Falls Prevention & Mental Wellness

10:00 - 11:00 pm | Dixon

Support For Seniors

18 Tue

Targeted Mental Health

3:00 - 4:00 pm | Dixon

Chronic Conditions Education

10:00 - 11:00 am | Weston

19 Wed

Women's Health Education

3:00 - 4:00 pm | Dixon

24 Mon

Falls Prevention & Mental Wellness

10:00 - 11:00 am | Dixon

Support For Seniors

25 Tue

Targeted Mental Health

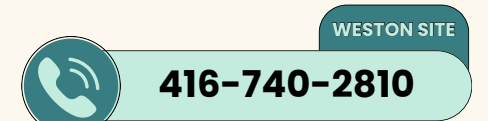
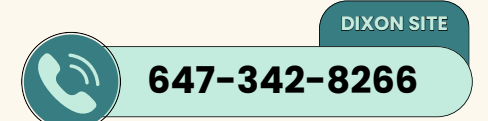
3:00 - 4:00 pm | Dixon

Chronic Conditions Education

10:00 - 11:00 am | Weston



Scan here to register. For other options call or visit our reception.



26 Wed

Women's Health Education

3:00 - 4:00 pm | Dixon

