



FREE March 2025 Group Education Classes

Zoom link will be sent for all virtual sessions.

Light refreshments provided

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

**Mon March 03, 2025 (11-12:30pm) ~ [Healthy Aging \(On Scams Targeting Older Adults\)](#)
Presentation by Community Police Liaison officer ~ In-Person @ 245 Dixon Rd. **Please check in at POD 1.***

Thurs March 06 20, 2025 (6:00-8:30pm) ~ [Virtual Prenatal Class \(Breastfeeding\)](#) *Call 416-249-8000 to register.*

Sat March 08 2025 (10:30-11:30am) ~ [Virtual Coping with Stress](#) (different strategies & tips to manage stress & anxieties)

Sat March 08, 2025 (12:30-1:30) ~ [Heart Health](#) (learn learn how to manage your blood pressure & cholesterol through nutrition) ~ In-Person @ 2050 Weston Rd. *Please check in at reception*

Wed March 12, 2025 (6:00-7:00pm) ~ [Living Well With Diabetes](#) (Part A: For those newly diagnosis with Diabetes, lifestyle management) ~ In-Person @ 245 Dixon Rd. **Please check in at POD 1*

Thurs March 13, 2025 (6:00-8:30pm) ~ [Virtual Prenatal Class \(Post-partum Care\)](#) *Call 416-249-8000 to register.*

Thurs March 20, 2025 (6-7:00pm) ~ [Sleep Therapy](#) (having trouble falling , staying asleep or taking medication to help with sleep) ~ In-Person @ 2050 Weston Rd.

Wed March 26, 2025 (6:00-7:00pm) ~ [Living Well With Diabetes](#) (Part B: Diabetes Complication & Treatment) In-Person @ 245 Dixon Rd. **Please check in at POD 1*

Thursday March 20, 2025 (6-7pm) ~ [Healing Together Mental Health Support Group](#) (mental health support group) (Virtual & In-person) @ 245 Dixon Rd.