

## **OCTOBER 2024 FREE GROUP CLASSES**



**Wed Oct 09 ~ Living Well With Diabetes (*Diabetes medications & complications*) Class 6-8PM @ 245 Dixon Rd.**

**Sat Oct 12 ~ Healthy Heart (*Nutritional strategies to help manage blood pressure*) Class. 10-12PM @ 2050 Weston Rd.**

**Thurs Oct 17 ~ Healing Together Mental Health Support Group 6-8PM In-Person @ 245 Dixon Rd & Zoom platform.**

***Sept 5-Oct 17 (every Thurs) ~ Free Collaborative Prenatal Series. 6-8pm. @ Black Creek CHC. 2202 Jane Street. Unit 5. Call 416-249-8000 \*ask for Paola or Nadine to register. \*\*Topics covered: labour & birth, newborn care, breastfeeding, postpartum care & transition to parenthood)***

**Snacks will be provided for all in-person workshops.**

**Zoom link will be sent for all virtual sessions.**

**Call 416-740-2810 or 647-342-8266 for more information or register online @[hrfht.com](http://hrfht.com)**