



ENGAGING ACTIVE SENIORS

Come meet other seniors, take part in fun activities and learn about different health topics. *Classes are held 2 times a year.*

FALLS PREVENTION WORKSHOP

Learn how your risk of falling increases with age and ways to prevent a fall. *Classes are held 4 times a year.*



HEALTHY PREGNANCY WORKSHOP

Come meet other women and learn about healthy pregnancy in this 2-hour interactive group class



Who We Are

ABOUT US

We're a team of health care professionals that work with your doctor to help improve your overall health. We provide FREE group classes and individualized care.

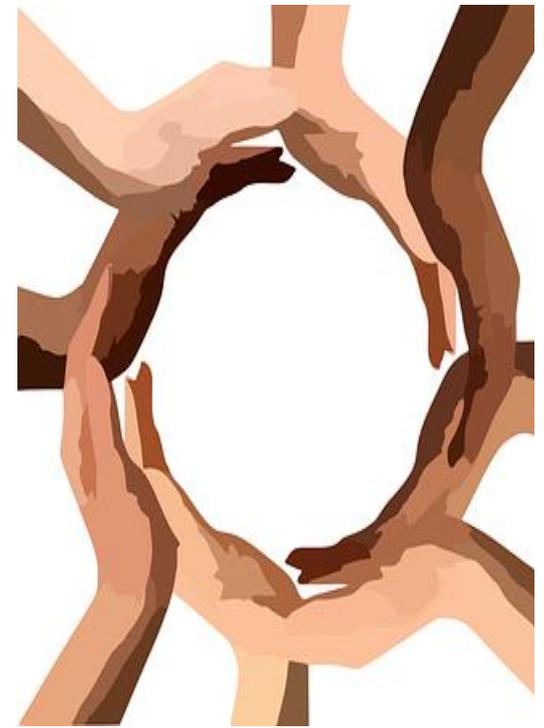
We deliver patient-centered, respectful and collaborative health care.

CONTACT US

Dixon Site: 245 Dixon Rd,
Etobicoke. ON M9P 2M4. 647 342 8266

Weston Site: 2050 Weston Rd, York,
ON. M9N1X4 416 740 2810

TO LEARN MORE ABOUT OUR GROUP CLASSES AND LOCATIONS, VISIT US AT:
hrfht.com



HUMBER RIVER FAMILY HEALTH TEAM EDUCATION CLASSES

Optimizing the health of the individual and family within the community

