

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication FPW This workshop provides education on how to prevent a fall.		1 Nutrition Basics 6-8pm DIXON	2	3	4	5
6	7	8	9	10	11	12 Self-Care Saturday 10-11:30am WESTON
						Smoking Cessation class 10:30-12:30pm DIXON
13	14	15	16 Diabetes Education class 6-8pm DIXON	17	18	19 FREE Strength And Balance Exercise Class. 1:00 PM – 2:00PM WESTON
20	21 VICTORIA DAY	22	23	24	25	26
27	28 Falls Prevention Workshop 1:30-3:30pm DIXON	29	30	31	Self-Care Saturdays. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care Smoking Cessation Class. Support to smokers who wish to quit smoking. Enrolled patients may receive FREE Nicotine Replacement Therapy Nutrition Basic. Gain skills and knowledge to develop healthy eating habits, maintain wellness and support a healthy weight EXERCISE CLASS: Fun & Easy. Increase your Strength! Build your Balance!	

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p>SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care</p> <p>WALKING GROUP. Join our 4 weeks FREE walking group program.</p> <p>ENGAGING ACTIVE SENIORS. This workshop aims to engage seniors and reduce social isolation.</p> <p>THE MEDITERRANEAN DIET WORKSHOP: Nutrition to Nourish your Heart, Body & Mind!</p> <p>COPING WITH STRESS WORKSHOP. This workshop will help you identify stress triggers and understand how to manage things that are beyond your control</p>						
3	4	5 Walking Group WESTON 1-2pm	6	7 Walking Group WESTON 1-2pm	8	9 Self-Care Saturday 10-11:30am WESTON
						Diabetes Education Class 10:30-12:30pm DIXON
						Coping with stress workshop 12:30-2:30pm WESTON
10	11	12 Walking Group WESTON 1-2pm	13	14 Mediterranean Diet Workshop 6-8pm WESTON	15	16 FREE Strength And Balance Exercise Class. 1:00 PM – 2:00PM WESTON
				Walking Group WESTON 1-2pm		
17	18	19 Walking Group WESTON 1-2pm	20	21 Walking Group WESTON 1-2pm	22	23
24	25 Engaging Active Seniors 1:30- 3:30pm DIXON	26 Walking Group WESTON 1-2pm	27	28 Walking Group WESTON 1-2pm	29	30

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CANADA DAY	2 CANADA DAY NATIONAL HOLIDAY	3	4	5	6	7 FREE Strength And Balance Exercise Class. 1:00 PM – 2:00PM WESTON
8	9	10	11	12	13	14 Self-Care Saturday 10-11:30am WESTON Smoking Cessation class 10:30-12:30pm DIXON
15	16	17	18 Diabetes Education Class 6-8pm DIXON	19	20	21 FREE Strength And Balance Exercise Class. 1:00 PM – 2:00PM WESTON
22	23	24	25	26	27	28
29	30	31	<p>DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication.</p> <p>SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care.</p> <p>SMOKING CESSATION CLASS. Support to smokers who wish to quit smoking. Smokers enrolled in the STOP program may receive FREE Nicotine Replacement Therapy.</p> <p>EXERCISE CLASS: Fun & Easy. Increase your Strength! Build your Balance!</p>			

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication.</p> <p>SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care.</p> <p>COPING WITH STRESS WORKSHOP. This workshop will help you identify stress triggers and understand how to manage things that are beyond your control</p>			1	2	3	4
5	6 CIVIC HOLIDAY	7	8	9	10	11
12	13	14	15 Diabetes Education Class 6-8pm DIXON	16	17 Mediterranean Diet Workshop 1:30-3:30pm DIXON	18 Self-Care Saturday 10-11:30am WESTON Coping with stress workshop 12:30-2:30pm location DIXON
19	20	21	22	23	24	25
26	27 Falls Prevention Workshop 1:30-3:30pm DIXON	28	29	30	31	<p>FPW This workshop provides education on how to prevent a fall.</p> <p>THE MEDITERRANEAN DIET WORKSHOP: Nutrition to Nourish your Heart, Body & Mind!</p>

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
<p>DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication</p> <p>SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care</p>						
2	3 <i>Labor Day</i>	4	5	6	7	8
9	10	11	12	13	14	15 Self-Care Saturday 10-11:30am WESTON
						Smoking Cessation class 10:30-12:30pm DIXON
16	17	18	19 Diabetes Education Class 6-8pm DIXON	20	21	22
23	24	25	26	27	28	29
30				<p>SMOKING CESSATION CLASS. Support to smokers who wish to quit smoking. Enrolled patients may receive FREE Nicotine Replacement Therapy</p>		

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 THANKSGIVING	9	10	11	12	13
14	15	16	17	18 Mediterranean Diet workshop 6-8pm WESTON	19	20 Self-Care Saturday 10-11:30am WESTON Diabetes Education Class 10:30- 12:30pm DIXON Coping with stress workshop 12:30-2:30pm DIXON
21	22	23	24	25	26	27
28	29	30	31	<p>DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication</p> <p>SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care</p> <p>THE MEDITERRANEAN DIET WORKSHOP: Nutrition to Nourish your Heart, Body & Mind!</p> <p>COPING WITH STRESS WORKSHOP. This workshop will help you identify stress triggers and understand how to manage things that are beyond your control</p>		

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication. SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care.						
4	5	6	7	8	9	10 Self-Care Saturday 10-11:30am WESTON
						Smoking Cessation class 10:30-12:30pm DIXON
11	12	13	14	15	16	17
18	19	20	21 Diabetes Education Class 6-8pm DIXON	22	23	24
25	26 Falls Prevention Workshop 1:30- 3:30pm DIXON	27	28	29	30	SMOKING CESSATION CLASS. Support to smokers who wish to quit smoking. Smokers enrolled in the STOP program may receive FREE Nicotine Replacement Therapy.

Group classes are **FREE** and offered to patients at our **245 Dixon road & 2050 Weston Road location** We provide limited space for members of partner agencies. Please call **416-740-2810** or **647-342-8266** or <https://www.hrfht.com/> for more information.

HRFHT GROUP EDUCATION PROGRAM CALENDAR

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC - DIABETES EDUCATION SESSION. Information on healthy eating, exercising and diabetes medication SELF-CARE SATURDAYS. Gather. Practice. Learn. Unwind. Practice the 6 Key Skills of Self-Care						1
2	3	4	5	6	7	10 Self-Care Saturday 10-11:30am WESTON
9	10	11	12	13	14	15
16	17	18	19 Diabetes Education Class 6-8pm DIXON	20	21	22
23	24 CHISTMAS EVE	25 Christmas Day	26 BOXING DAY	27	28	29
30	31					