

Free Group Education Session

- **Wed July 10 ~ Healthy Aging 55+ Workshop 12:30-2:30pm @ York West Active Living Center (Main Floor) 1901 Weston Road. (Weston Rd & Lawrence)**
- **Wed July 10 ~ Living Well with Diabetes Workshop 6:00-8:00pm @ 245 Dixon Road (Dixon & Islington)**
- **Sat July 13 ~ Coping with Stress Workshop 10:30am-12:30pm Virtual Zoom Platform.**
- **Sat July 13 ~ Mediterranean Diet Workshop. 10:00am-12:00pm @ 2050 Weston Road (Weston Rd & King Street)**
- **Thurs July 18 ~ Healing Together: A Peer to Peer Mental Health Support Group 6:00-8:00pm Virtual Zoom Platform**

Snacks will be provided for all in-person workshop

Call **416-740-2810** or **647-342-8266** for more information or register online @ hrfht.com

Everyone is welcome.

