

Health Promotion

Community Health Programs for Adults



SERVICES & PROGRAM INFORMATION

Free in-person and virtual programs that address access to information, resources and supports for residents of Scarborough and the GTA. Virtual Health & Wellness Programs offer education and information on a range of health topics to address the determinants of health. Our focus is to help our community members maintain optimal health by shifting their health outcomes. We promote healthy lifestyles and teach practices that develop healthy eating habits, physical fitness and supports to manage, cope with and prevent chronic illness. Workshops provide opportunities for learning, teaching, building new skills and peer support.

Health Connect: Diabetes Prevention & Management (virtual + In-person)
Healthy Eating and Physical Activity Program: 8-12 weeks/1 day per week/ 1.5 hour sessions

- Interactive series to manage and prevent type 2 diabetes led by a Registered Dietitian and Health Promoter; weekly low impact beginner level exercises and gentle yoga is led by a Certified Fitness Instructor and Certified Yoga Instructor; Peer support + incentives are offered.

C.U.L.T.R. Kitchen (Cooking Up Local Tasty Recipes) 1 day per week/ 1.5 hour sessions (virtual)

Free interactive and inclusive virtual food cooking demonstration series offers cost effective recipes and many useful tips & ideas you can only get from watching someone make their recipes.

- New weekly Guest Home Chef showcases their cultural recipes right from their own kitchen, virtually, in front of a live virtual audience.
- Participants join on zoom, sit back and enjoy the live session.
- Weekly contests

PROGRAM CONTACT INFO

Dominika Siemiatkowska,

Coordinator Community Health Programs, Health Promotion
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ELIGIBILITY

Programs are open to adults and older adults, call for more information.

LOCATIONS

Programs are delivered virtually over a Zoom licensed account and in person within Scarborough at various SCHC locations:

- 629 Markham Rd, unit 2, Lower level
- 3600 Kingston Rd.
- 2660 Eglinton Ave East

Programs are also delivered within TCHC building and using community partner agency space.

VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement
416-847-4127 OR volunteerprogram@schcontario.ca

CONTACT SCHC 416-642-9445

info@schcontario.ca

www.schcontario.ca

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