

Heart and Stroke prevention

Heart disease and stroke take 1 in 3 Canadians before their time. They are the #1 killer of women – taking more women's lives than all forms of cancer combined.

How can I prevent heart disease? Heart disease is preventable and manageable. Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight. If you've been diagnosed with a heart condition, there are treatments to help you manage your illness.

- Be smoke-free.
- Be physically active.
- Know and control your blood pressure.
- Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- Achieve & maintain a healthy weight.
- Manage your diabetes.
- Limit alcohol use.
- Reduce stress.

Visit your doctor regularly and follow your doctor's advice.

Stroke prevention

You can't control your family history, age, gender or ethnicity. But luckily, you can prevent a stroke by learning more about the risk factors. Stroke occurs when the blood supply to part of the brain is cut off. Without oxygen-rich blood, brain cells begin to die. If the blood supply is not restored, the affected part of the brain dies, causing disability and death.

Risk factors:

- High blood pressure (hypertension)
- High blood cholesterol
- Heart disease atrial fibrillation
- Diabetes
- Being overweight
- Excessive inactivity
- Smoking
- Stress

150 Berry Road, Toronto

ON M8Y 1W3

Tel: (416) 231-7070

E-mail: info@stonegatechc.org

Web: www.stonegatechc.org

February 2012



National Heart and Stroke Month

Clinic Hours

(By appointment only)

Monday-Wednesday: 9:00am - 8:00pm

Thursday & Friday: 9:00am - 5:00pm

Saturday & Sunday: Closed

For more information & to register for programs, events & activities please call the registration line at (416) 231-7070 ext: 307

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Women's Group 12:30pm - 2:30pm	2 Settlement Services for Newcomers 9:00am - 12:00pm Handicrafts for Women 10:00am - 11:30am Eating for Two 1:30pm - 3:00pm	3 Seniors Plus Club 11:00am - 4:00pm	4 Stay Fit for Seniors 10:00am - 11:00am
5	6 2000 Polish Seniors Club 10:00am - 2:00pm Diabetes Exercise Class 2:30pm - 3:30pm	7 Young At Heart Wellness Group 1:00pm - 3:00pm Immigration & Refugee Law Free workshop 6:00pm - 8:00pm	8 Women's Group 12:30pm - 2:30pm Good Food Box Pick-up 1:00pm - 7:00pm How to build a container boxes 6:00pm - 7:30pm	9 Settlement Services for Newcomers 9:00am - 12:00pm Handicrafts for Women 10:00am - 11:30am Eating for Two 1:30pm - 3:00pm Fitness Class for Women 7:00pm - 8:00pm	10 Seniors Plus Club 11:00am - 4:00pm	11 Stay Fit for Seniors 10:00am - 11:00am
12	13 2000 Polish Seniors Club 10:00am - 2:00pm Diabetes Exercise Class 2:30pm - 3:30pm 4:00pm - 7:00pm "The Price of Sugar"	14 Young At Heart Wellness Group 1:00pm - 3:00pm	15 Spanish Women's Group 10:00am - 11:30am Women's Group 12:30pm - 2:30pm Seed starting for the Season 6:00pm - 7:30pm	16 Settlement Services for Newcomers 9:00am - 12:00pm Handicrafts for Women 10:00am - 11:30am Eating for Two 1:30pm - 3:00pm Fitness Class for Women 7:00pm - 8:00pm	17 Seniors Plus Club 11:00am - 4:00pm	18 Stay Fit for Seniors 10:00am - 11:00am
19	20 Health Centre Closed	21 Young At Heart Wellness Group 1:00pm - 3:00pm	22 Spanish Women's Group 10:00am - 11:30am Women's Group 12:30pm - 2:30pm Good Food Box Pick-up 1:00pm - 7:00pm Build your own containers 6:00pm - 7:30pm	23 Settlement Services for Newcomers 9:00am - 12:00pm Handicrafts for Women 10:00am - 11:30am Eating for Two 1:30pm - 3:00pm Fitness Class for Women 7:00pm - 8:00pm	24 Seniors Plus Club 11:00am - 4:00pm	25 Stay Fit for Seniors 10:00am - 11:00am
26	27 2000 Polish Seniors Club 10:00am - 2:00pm Diabetes Exercise Class 2:30pm - 3:30pm	28 Young At Heart Wellness Group 1:00pm - 3:00pm	29 Spanish Women's Group 10:00am - 11:30am Women's Group 12:30pm - 2:30pm Intro to Container Gardening 6:00pm - 7:30pm	 PLEASE! NOTE For all children's programs, please refer to the Early Years Calendar For youth activities & programs, please refer to the Youth Calendar		



Programs, Events & Services

“Our Mission is to work with this community to improve its well-being”

Please note, for many programs registration is required. For all the programs listed on this calendar, you can register by calling 416-231-7070 ext. 307. All Programs take place at Stonegate Community Health Centre unless otherwise specified.

***NEW* “MOVIE NIGHT” with a dinner** is back. A variety of films, including comedies, documentaries & dramas will be shown. First Movie Night will be held on 13 February at 4:00pm. You will enjoy a dinner and watch a documentary “The Price of Sugar”. Donations accepted but not required.

***NEW* Exercise Program for Women** : Regular exercise and physical activity has been shown to improve health and wellness. A free 16 week exercise class is being offered to women. Classes will be held every Thursday at 7:00 pm starting on February 9th. Please call at (416) 231-7070 ext. 307 to register.

***NEW* Spanish Women’s Group**: 8 week program offers Spanish women to meet other women, socialize, learn and share their experiences with each other.

Stay Fit for Seniors: A free 12 week beginner’s fitness program for older adults (55 years of age and older) is offered at Stonegate CHC in partnership with ESS Support Services. A certified fitness instructor leads participants through low-impact cardio, resistance and flexibility training in a safe, effective and enjoyable manner.

Handicrafts for Women: This group is designed for women to meet other women, socialize and work on projects that you may want to finish (please bring your own knitting, sewing and crocheting materials)

Tuesday’s and Wednesday’s Women’s Groups: An opportunity for women to come together, socialize and share information; as well as resources in a safe and supportive environment. *Registration is required.*

Stonegate Seniors Plus Club: A social club providing recreational and social activities for local seniors. Members meet every Friday from 11 am – 4 pm in the Multi-Purpose Room. Activities include: Bingo, Bus Trips, Cards, Refreshments, etc.

Yoga For Women Beginners and Advance: Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done in a calming environment through the performance of poses or postures, each of which has specific physical benefits.

Settlement Services for Newcomers: For all newcomers to Canada who are living in the Stonegate community. We offer services in English, Russian, Ukrainian and Spanish. A settlement counselor will provide information and orientation, referral service; solution focused counseling, advocacy, assistance with form filling for newcomers and provide the support needed to settle in our community. Please call us at (416) 231-7070 to make an appointment.

The Good Food Box Program: For everyone who wants to receive a variety of fresh fruits and vegetables at an affordable price and support local farmers. Choose from a variety of different boxes of different sizes and with different types of food including organic and just fruits. For more information call (416) 231-7070 ext. 307.

Information Sessions:

- **How to build container boxes:** Wednesday, 8 February, 2012 at 6:00pm-7:30pm
- **Seed Starting:** Wednesday, 15 February, 2012 at 6:00pm-7:30pm
- **Build your own container:** Wednesday, 22 February, 2012 at 6:00pm-7:30pm
- **Intro to Container Gardening:** Wednesday, 29 February, 2012 at 6:00pm-7:30pm

Our Services

Early Years Programs: (ages 0—6) Please call Larissa at (416) 231-7070 ext. 274 for more information and details Stonegate CHC Early Years programs and services, or come pick up an Early Years calendar at our main site.

Children & Youth Programs: Please call (416) 231-7070 ext. 307 for more information and details on Stonegate CHC Children & Youth programs and services, or come pick up an Children and Youth calendar at our main site.

Women’s Programs: Please call (416) 231-7070 ext. 307 for more information on Stonegate CHC programs and Services for Women.

Asthma Education: Learn more about asthma and asthma warning signs, triggers, medications and especially asthma control. Call (416) 231-7070 for more information and learn how to manage you asthma.

Stonegate Housing Help Program: The Stonegate Housing Help Program provides housing services with a focus on finding affordable housing and preventing eviction, assistance in accessing income support, and general support services. Call (416) 231-7070 ext 280 for more info.

The West Toronto Diabetes Education Program (WTDEP): Is a comprehensive Diabetes Education Program funded by the Ministry of Health and Long Term Care. Comprehensive diabetes education and management is provided by provided by Registered Dietitians and Diabetes Nurse Educators who will provide assessments, monitoring, counseling, support and follow-ups at various locations in west Toronto. Call (416) 252-1928 today to book your free appointment.