



COMMUNITY MATTERS TORONTO

neighbours helping neighbours

Healthy Living



Do you have a family Doctor?

If not then we will help you to find the Dco in our community.

Health passport

To help you to achieve your Health goal. Based on your goal you may refer to our program and other resources available in the community

Family Passport

Adults Passport

Adults+ Passport



Screening For Diabetes & Cancer: Learn about, be tested for and receive follow up support for diabetes and common cancers in the safety of your community.

Social support: Meditation & Stress Management, Diabetes Group: Group meeting to talk about healthy living, stress, exercise, nutrition and community support

Family Health: Nutrition and exercise with the family.
Cooking with Children; Gymnastics; Swimming; Family Exercise;
Adults Nutrition: Learn different food group & serving size from CFG.
Food Audit (Advocacy for different food store)

Food Handling: About cross contamination and how to properly take the Toronto Public Health Food Handling Exam and receive a certificate

Cross Cultural Cooking: Learn about different cultures food preparation for healthy eating.

Exercise: For your body and mental health including yoga. Indian Dance, Kathak, Bollywood dance, walking and stretching; Children's swim: Learn swimming and water safety.
Zumba: Stretch/ aerobic exercise
Adults Plus: In home support for seniors including accompaniment, shopping and friendly visiting.
Exercise;

Home Support; Cleaning (small fee); Accompaniment; Shopping



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registered charity #85629 8005 RR0001

260 Wellesley St. E., Unit 102
Toronto, ON M4X 1G6

(416) 944-9697 Fax (416) 944-9479
info@communitymatterstoronto.org

www.communitymatterstoronto.org
facebook.com/communitymatterstoronto