



Welcome to Community Matters.

We hope you enjoy our program, meet new neighbours and get healthier all at the same time.

Please let us know if there is anything we can do to change or improve your experience.

By taking part in this program you are also contributing to a Healthier St. James Town as you are also part of **Healthy Living in St. James Town** where we are working with the Public Health Agency of Canada over five years to find the ways to improve the health of our neighbours especially in the areas of diabetes, cancer and cardio vascular disease.

We have completed two years with great success. More neighbours are taking part in recreation programs, dance, medication, yoga, nutrition and self-help groups. More neighbours are being screened for diabetes and cancer and more neighbours are setting and achieving personal health goals.

As part of our programs and to help us understand how we are getting healthier at the beginning of each program we ask you to complete a Health Planner and we also ask you to complete a few questions about the skills and knowledge you have about this program.

This information is really valuable to us. We use it to make changes to our programs and see where we can help the community most. So please take a few minutes and complete the information and help our community become even more healthy and perhaps an example for other communities.

Thank you again and welcome to our program

Surabhi Khare
Health Living in St. James Town Lead

Margaret Coshan
Executive Director