



[CLICK HERE](#) for information about our programs and referral forms.

On May 27th, we launched a *community diabetes clinic* at the practice of Dr. Dennis Kim located at Sheppard and Jane. This clinic sees many people with diabetes who need help getting onto their management journey. Erin Zindoga (dietitian) and Khatereh Gaymadi (nurse) will see referred clients once per month at the clinic, more frequently if the need arises. One way in which we are taking Chronic Disease Management to the streets!

Spotlight on PHYSICAL ACTIVITY!

One of the core skills in managing any chronic disease is physical activity. For some people, this means “exercise”, with heavy sweating, gym memberships and fancy clothes...and reasons not to participate!

Let’s bust the excuses and learn what physical activity can do for all of us:

- Improve strength, flexibility and endurance
- Allow us to keep socializing
- Improve bowel and bladder function
- Improve blood flow to the brain and vital organs
- Improve mood and clarity of thought
- Help to prevent diseases like cancer, Alzheimer’s dementia, stroke and heart attacks...and much more!

Try this to get started:

- Walk to the store...or anywhere!
- Dance in the house!
- Climb some stairs!
- Ride a bike!

Canadian guideline is:

30 minutes of moderate exercise, 5-7 days of the week (can be in 10 minute sessions)



HI... I'M DOCTOR MIKE EVANS, AND WELCOME TO THE VISUAL LECTURE I CALL...

23½ HOURS



<https://youtu.be/aUainS6HIG>

DID YOU KNOW?

QUITTING SMOKING PAYS OFF...

1 pack a day = \$70 per week
= \$3,640 per year!

SELF-MANAGEMENT

CORNER



For more information or to register for a group closest to you:

LOCAL: 416-246-2388 ext. 3240
TOLL FREE: 1-855-462-8848 EXT 6656
www.healthy-living-now.ca

UPCOMING WORKSHOPS

Black Creek Community Centre
2202 Jane St, North York
Wednesday August 2 - September 6
1:00-3:30 pm



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK

Central LHIN

[CLICK for Referral](#)

TELEOPHTHALMOLOGY PROGRAM (TOP)

FREE RETINAL SCREENING FOR

PEOPLE WITH DIABETES



Call: 416-246-2388

Fax (referrals): 416-650-0971

Our program is fortunate to offer placements and volunteer opportunities for Kinesiology students from York U and University of Toronto. Here, with an appreciation certificate from U of T, are (L to R): Amna Iqbal (student, UoT Masters Kinesiology), Frederyck Franco R Kin, Jean Fraser R Kin and Carla Ziane (student volunteer, York U Kinesiology).

