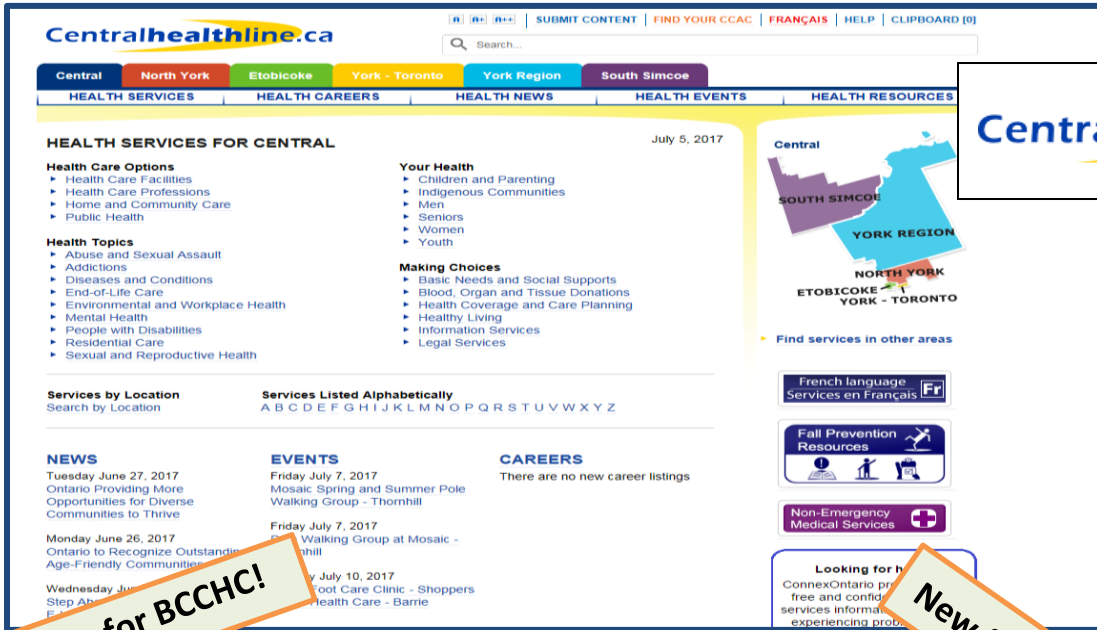




[CLICK HERE](#) for information about our programs, referral forms and newsletters.

Focus on: RESOURCES

It takes a village to prevent and manage chronic diseases. Healthline is a web-based source of health and social services information. Just go to the page that represents your geography to find the help you need.




Did you know?
Beans, chickpeas and lentils pack a lot of nutrition into those small, low cost and tasty packages: fibre and protein!

New for BCCHC!

Healthy Heart Program!

Exercise Education Program

Every Monday & Wednesday
4:00-5:30PM
Starting Aug 9th 2017

Meet at:
Black Creek Community Health Centre – 1 York Gate Blvd.
2nd Floor inside Yorkgate Mall
Jane St. & Finch Ave. West

Join our **FREE Healthy Heart Program!**
Participant will partake in 8 weeks of exercise and educational programming

Wear comfortable clothes & shoes. Bring a water bottle!
Individual Kinesiology Consultations Available!

Registration required, please call
Fredericky or Jean, RKin: 416-246-2388




Vamos a movernos.

4 semanas de educación física y ejercicio

Aprenderán acerca de:

- Nuestro Programa de Educación Física (PEF)
- Los beneficios de la actividad física
- Ejercicios para que los haga en su hogar
- Cómo evitar lesiones durante el ejercicio
- Motivación y como establecer metas para su salud

Atiendan con ropa y zapatos cómodos.
Traigan una botella de agua!

Quando? Cada Lunes 2PM-3:30PM
De Septiembre 11 a Octubre 2 2017

Donde? Black Creek Community Health Centre
(Yorkgate mall, 2^{do} piso, cerca al Dollarama)

Para registrarse, llame a: 416-246-2388




New for BCCHC!

SELF-MANAGEMENT CORNER

If you tend to skip the most important meal of the day...don't restrict yourself to "breakfast foods" for breakfast!
Fire up your metabolism with foods you enjoy!