



# Health Education

**April 2024**

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## Health Education Workshops

The Toronto Western Family Health Team is committed to providing you with materials & resources so that you can take charge of your health.

Our health education workshops are one way we are able to offer reliable and up to date health information. Take a look at our upcoming health education workshops. All workshops are free and facilitated by members of the TW FHT.

## Upcoming Workshops

- Advance Care Planning
- Preventing Falls: Staying Strong & Steady
- Nutrition for a Healthy Heart
- Addressing Anxiety
- Mindfulness for Emotional Resilience
- Learning Technology – Part II
- Sleep Therapy – Part I & II

[Click here to view a list of all available workshops](#)

# Upcoming Health Education Workshops



Toronto Western  
Family Health Team

Garrison Creek  
Bathurst

## **TW Family Health Team** **April 2024 Health Education** FREE workshops & easy online registration

**April**

**3**

**12 pm**

### ***Advance Care Planning***

Have you thought about what is important to you when it relates to your health and personal care? Join this virtual workshop to learn how to plan for the future, how to choose a person to make decisions for you, and learn legal information about this topic.

Presented by Lina (Social Worker)

Online workshop: [click here to register](#)

**April**

**10**

**1:30 pm**

### ***Preventing Falls: Staying Strong & Steady***

Have you had a fall or are you afraid of falling? Are you curious to learn what you can do to prevent a fall? Join us for this in-person information session to learn about falls, what contributes to falls and ways you can prevent falls.

Please note that this is not an exercise class.

Presented by Jenn (Occupational Therapist) & Julie

(Physiotherapist). In-person workshop: [Click here to register](#)

**April**

**11**

**12 pm**

### ***Nutrition for a Healthy Heart***

Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional management? Join us for our virtual workshop to get heart healthy!

Presented by Doreen & Sarah (Registered Dietitians)

Online workshop: [Click here to register](#)

**April**

**24**

**6 pm**

### ***Addressing Anxiety***

Join psychiatrist Dr. Hussein Hirjee for an overview of different anxiety disorders, review of signs and symptoms of anxiety, treatments and self-care strategies.

Online workshop: [click here to register](#)

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

[www.twfht.ca](http://www.twfht.ca)



## Contact Us

☎ Phone: 416 603 5888

🌐 Website: twfht.ca

📍 Locations:

- Bathurst Site: 440 Bathurst Street
- Garrison Creek Site: 928 St. Clair Ave West

Feedback:



Do you have feedback about our health education workshops?

Do you want to learn more about other health education topics?

If so, [click here](#).