



In this newsletter:

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CLINIC UPDATES:

We are committed keeping you safe as COVID cases continue to rise. Please review the following:

- If you have tested positive for COVID/have COVID symptoms, please do not come into the clinic unless directed to do so for assessment by your provider. We will book you for a phone assessment first.
- We are not able to offer COVID testing at the clinic
- You must complete COVID screening if attending an in-person appointment
- Please keep your masks on at all times at the clinic – do not remove unless asked to do so by your provider

Like all healthcare facilities, we have been affected by reduced staffing:

- Please note we are trying our best to answer and respond to your calls. If you cannot get through, please try again
- For non-urgent issues, consider leaving a voicemail after 5pm
- For certain appointment types, we may contact you to convert your appointment from in-person to virtual (phone) appointment; you do not need to call us back to confirm.
- We are not booking annual/physicals/periodic health exams at this time

UPDATING YOUR INFORMATION:



Please remember to update your demographics (address, phone number, health card number and version code (the two letters) when you check in via the kiosk)). This helps us to stay up to date so there are no delays in communication with you or your care.

COVID-19 SYMPTOMS & PCR TESTING:

Please review these [PCR Testing guidelines](#) from the Ministry of Health.

The guidelines address the following topics:

- What to do if you have symptoms of COVID-19
- Who is eligible for a PCR test
- What to do if you test positive from a rapid antigen test (RAT)
- What to do if you are exposed to someone with COVID-19

NUTRITION FOR A HEALTHY HEART

Have you been diagnosed with high cholesterol and want to learn about nutritional management?

This workshop will cover:

- Discussion around eating well and controlling high cholesterol levels
- How to include the right kinds and amounts of fats in your diet
- How to increase the fibre content of your diet
- What the Mediterranean Diet is



Next date: **Thursday, March 10th, 2022 from 9:30-11:30am**

Virtual Format: Microsoft Teams

Visit our [website](#) for more details and to register.

GROUPS OFFERED BY UNISON HEALTH & COMMUNITY SERVICES

Unison CHC offers a wide range of health and mental health virtual groups. See attached flyers for a sample of upcoming programs.

For the full list of Winter 2022 programs, [click here](#)

**MIND
BODY
AND
YOGA**

Facilitated by :
**Shruti
Patel**

Therapeutic fitness group
combining mindfulness and yoga!

January 27th 2022 - March 24th 2022

Thursdays @ 11:00am

Virtual Zoom Group

Call or email Ali at 416-645-7575
ext.2914/alessandra.pagliacolo@
unsonhcs.org to register



Diabetes Education Program

Free *Virtual* Educational Sessions for people
living with type 2 diabetes or prediabetes

Friday February 11, 2022

Friday March 11, 2022

Friday April 8, 2022

@ 9:30 am - 11:00 am

via ZOOM



You will learn about:



- How diabetes is diagnosed
- Weight management
- Macronutrients and impact on blood sugar
- Meal preparation method
- Plate model and intro to healthy eating
- Label reading and more...



**Email and Computer/ Device
Needed**

Space is LIMITED and PRE-REGISTRATION is required



To Register: 416-787-1661 Ext. 3361

Friday, February 11th: What is Diabetes

Friday, March 11th: Nutrition & Diabetes

Friday, April 8th: Prediabetes

You are welcome to register for some or all sessions



Health Talk A free online session for patients, families, staff and community members



Let's Talk About Anxiety

Topics

- What are anxiety disorders and its causes
- Tips for managing anxiety during COVID-19
- How to support a loved one who has anxiety
- Resources and programs at UHN and in the community

Presenters

- **UHN Patient Partner**
- **Aideen Carroll**, Advanced Practice Nurse Educator, Mental Health, University Health Network
- **Linda Liu**, Clinical Nurse Specialist, Medical Psychiatry, University Health Network

Date and time

Wednesday,
January 26, 2022 1:00 p.m. to 2:00 p.m.

How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Jan2022> or use your smartphone's camera or QR code reader app to scan the code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.

To register: Go to <http://bit.ly/UHNHealthTalk-Register> or call 416 603 6290

For more information: Email pfep@uhn.ca or call 416 603 6290

www.uhnpatienteducation.ca

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Patient Education

UHN
Toronto General
Toronto Western
Evelina Mackenzie
Toronto St. Michael's
Michael G. DeGroote

Program details are subject to change. Please click [here](#) for updates to flyer

Contact us



Phone: 416 603 5888



Website: twfht.ca



Location

Garrison Creek Site: 928 St. Clair Avenue West