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## Top Ten Summer Health Tips



### DRINK WATER

Water helps prevent illness, keeps your bones and muscles healthy, helps maintain your weight and best of all, water fuels your activities throughout the day!



### EAT FRESH

Reserve a place on your plate every meal for fresh produce and you're sure to reap the tasty rewards.



### TRANSFORM ACTIVITIES INTO EXERCISE

Activities like going to the zoo or visiting a park can become exercise if you use the stairs, take the long route or add stretches and exercises along the way!



### LIFESTYLE MODIFICATION

The summer is a great time to try a new exercise routine, kick-start a new healthy eating plan, or quit smoking.



### SEE YOUR DOCTOR

Schedule an appointment for a check-up to make sure pain or injury doesn't sideline you this summer.



### STAY SHADY

Try to limit your time in the direct sunshine between 10am and 4pm, and always wear sunscreen, a hat and sunglasses.



### STAY COOL

When it's hot, do what you can to stay cool! Go swimming at your neighborhood pool and visit local air-conditioned attractions.



### DISCONNECT

Disconnect from the internet, put down those smart phones and see a world without selfies, hashtags and videos.



### PLAN A PERSONAL VACATION

A vacation to get away from it all is a must this summer. Take some 'you' time this summer to relax and rejuvenate.



### SLEEP WELL

Getting enough quality sleep at the right time can help you protect your mental and physical health, safety, and quality of life.

**Health Tip: Summer is here! Enjoy the weather safely and watch for symptoms of heat-related illness. If you feel dizzy, faint, nauseous, or have a headache, increased heart rate, or extreme thirst, move to a cool place and drink water. See your doctor if any**

## Ongoing Groups

### Prenatal Link and Postnatal Link Group

Contact: Carolina Luengo, Registered Nurse, [carolina@whiwh.com](mailto:carolina@whiwh.com), ext. 4887

Prenatal and postnatal classes are offered throughout the year at our centre. For more information, please contact Carolina.

### El-Tawhid Juma Circle

Contact: El-Farouk Khaki, [jumacircle@gmail.com](mailto:jumacircle@gmail.com)

The Unity Mosque family of Muslim congregations welcomes everyone regardless of race, class, disability, sexual orientation, sex, gender identity, or religion and is child and youth friendly.

**When: Fridays, 12-4pm**

For more information about communications material at WHIWH CHC, contact [communications@whiwh.com](mailto:communications@whiwh.com).

**Women's Health in Women's Hands Community Health Centre**

**2 Carlton Street, 5<sup>th</sup> Floor, (Yonge/College);**

**Main line: (416) 593 – 7655**

**[www.whiwh.com](http://www.whiwh.com)**



WOMEN'S HEALTH  
IN WOMEN'S HANDS  
COMMUNITY HEALTH CENTRE  
INCREASE • INNOVATE • IGNITE

# WHAT'S HAPPENING! Summer 2016



## About Us

Women's Health in Women's Hands Community Health Centre (WHIWH CHC) provides primary healthcare to racialized women from African, Black, Caribbean, Latin American and South Asian communities in Toronto and surrounding municipalities. We are committed to working from an inclusive feminist, pro-choice, anti-racist, anti-oppression, and multilingual participatory framework in addressing the issue of access to healthcare including gender, gender identity, race, class, violence, sexual orientation, religion, culture, language, disability, immigration status and socio-economic circumstances.

## Register Today!

### Programs, Groups, and Events for Summer 2016

We are excited to invite you to register for our new and ongoing groups for **Summer 2016!** You will find descriptions and contact information below – send an email or call our main line and the contact's extension. People who self-identify within our priority populations and would like to participate in any activities listed can easily register as clients.

*Please note: Limited transit tokens and refreshments are sometimes provided for some groups, based on available funding and each client's financial need. Please contact the program facilitator if you have questions or concerns.*

## Get Involved

### Be a Volunteer!

A special thank you to all of our incredible volunteers here at WHIWH. We couldn't do the work that we do without your ongoing dedication and support. For more information on our Volunteer Program, please contact Nassim Vahidi, [nassim@whiwh.com](mailto:nassim@whiwh.com), ext. 4869

### Pride 2016 – Dyke March!

Join WHIWH CHC, ASAAP, and Black CAP this year for the Dyke March! The Dyke March is a community-led march for ALL queer women, dyke-identified folks and allies to celebrate and demonstrate strength, pride, and unity! Come to WHIWH CHC for refreshments and to get your T-Shirts before we head out to the march together.

**Saturday, July 2<sup>nd</sup>**

**11am – 4pm**

**2 Carlton Street, Suite 500**

**Contact: Nassim Vahidi, Community Health Worker, [nassim@whiwh.com](mailto:nassim@whiwh.com), ext. 4869**

## Our Research

To find out more about our current research studies, contact Wangari Tharao at [wangari@whiwh.com](mailto:wangari@whiwh.com), ext. 4870

## Mind & Body Movement (MBM) Program

**Contact:** Nassim Vahidi, Community Health Worker, [nassim@whiwh.com](mailto:nassim@whiwh.com), ext. 4869

The MBM Program includes activities, groups & workshops that focus on achieving and maintain wellness of the mind and body through physical activity. **Pre-screening for physical activity readiness is required prior to participation.**



### Chair and Standing Yoga

Increase your strength & flexibility through gentle chair and standing yoga poses

**When: Monday July 25<sup>th</sup> – Monday September 26<sup>th</sup>, 2-3 pm**

### Chair Yoga

For clients with limited mobility looking for gentle exercise to increase flexibility and strength

**When: Monday July 25<sup>th</sup> – Monday September 26<sup>th</sup>, 3-4 pm**

### Gentle Hatha Yoga

Incorporate full mobility by engaging in a range of still and flowing physical postures that will improve calmness and focus through breath work as well as improve strength, balance, and flexibility

**When: Tuesday July 26<sup>th</sup> – Tuesday September 27<sup>th</sup>, 6-7 pm**

### Zumba

A moderate aerobic workout where you move to Latin, Caribbean and International rhythms

**When: Tuesday July 26<sup>th</sup> – September 13<sup>th</sup>, 12-1 pm**

### Tai Chi

Tai Chi is an ancient Chinese practice that is often described as “meditation in motion”. Engage in a gentle series of movements to promote serenity and build strength of mind and body

**When: Thursday July 28<sup>th</sup> – Thursday September 15<sup>th</sup>, 11-12 pm**



## Mental Health and Wellbeing

### Creating Happiness through Art Therapy

**Contact:** Anu Lala, Therapist, [anu@whiwh.com](mailto:anu@whiwh.com), ext. 4893

This is an opportunity for women of color (16+ years) to use Art Therapy to strengthen and develop skills, reduce stress and create positivity. Registration required, if interested please contact Anu.

**When: Fridays July 15<sup>th</sup> – August 5<sup>th</sup>, 10-11:30am**

### The Summer Sisterhood

**Contact:** Navisha, Program Assistant, [Navisha@whiwh.com](mailto:Navisha@whiwh.com), ext. 4973

Join us for this six week summer program created for young racialized women ages 16 to 24 years old in the GTA! This program aims to help develop personal health practices and coping skills, increase your social support network, and provide a space to share experiences with other young racialized women. Snacks and one TTC token will be provided per session.

**When: Thursdays July 21<sup>st</sup> – August 25<sup>th</sup>, 2-4pm**

**Health Tip: Staying mentally healthy is like staying physically fit. Dedicating even a short time every day to your mental fitness will help you feel confident and healthy. Check out our mental health groups or come in for a single-session with one of our therapists for strategies and support.**

## Diabetes Education Program (DEP)

Groups & workshops for people living with diabetes or prediabetes. Have questions? Email [diabetes@whiwh.com](mailto:diabetes@whiwh.com)

### Blood Sugar Check Group

**Contact:** Sugi Balachandran, Diabetes Educator, [sugi@whiwh.com](mailto:sugi@whiwh.com), ext. 4874.

Do you have Diabetes and are checking blood sugar with a meter? Do you wonder:

- What the blood sugar number means and what to do if it's too high or low?
- If you should be checking your blood sugar with a meter or not and how often?
- What the best brand meter is and how to afford a meter and strips?

Get all your answers by signing up for the Blood Sugar check Group!

**When: Once a week for 3-4 weeks in September 2016.**

### Diabetes Grocery Shopping Group

**Contact:** Erika Caro, Dietitian, [erika@whiwh.com](mailto:erika@whiwh.com), ext. 4890

Do you have diabetes or pre-diabetes? Come & learn tips and strategies on grocery shopping for the diabetic diet. Register in advance or just join in!

**When: Thursdays, August 4<sup>th</sup> – August 25<sup>th</sup>, 1:30-4pm**

### Workshop: Physiotherapy for Diabetes

**Contact:** Nassim Vahidi, Community Health Worker, [nassim@whiwh.com](mailto:nassim@whiwh.com), ext: 4869

This is a workshop featuring posture, balance, and strength training for women living with diabetes. Work with a physiotherapist to achieve your goals! **When: 3<sup>rd</sup> Tuesday of every month, from 2pm-4:30pm.**

### Workshop: Food Security & Gardening

**Contact:** Fatiha Houd, Community Food Worker, [fatiha@whiwh.com](mailto:fatiha@whiwh.com), ext. 4914

This is a workshop where women come together and learn about budgeting and buying food at low cost. Also, to learn basic gardening skills and the social and mental health benefits of it. **When: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, from 1pm-2pm or Tuesdays from 12-1pm (Gardening Group). Ends in September.**

## Ongoing Programs

### Chakula Bora Food Bank

Our food bank is open for drop-in on Tuesdays, 2pm-4pm, and Thursdays, 10am-12pm. Outside of our drop-in hours, we have food hampers available at front reception!

### Housing & Immigration Help – by referral

We offer support with housing, and free consultation with an immigration lawyer to gain support and/or discuss immigration options. Ask reception for an appointment with Simone Donaldson, Social Worker, to be referred. Ext. 7.

### Positive Women

We take a holistic approach to our programs and services related to HIV/AIDS, including education, prevention, treatment, individual and social support, advocacy, research, clinical care, and opportunities to socialize and develop skills. Living with HIV and want to learn more about our programs & services? Contact Marvelous, [marvelous@whiwh.com](mailto:marvelous@whiwh.com), ext. 4882.

**Health Tip:** Did you know that using tobacco can increase your chance of developing diabetes? Regular physical activity, eating well, living tobacco-free, and maintaining a healthy weight can help prevent diabetes. To learn more, call and ask about our Diabetes Education Program or email [diabetes@whiwh.com](mailto:diabetes@whiwh.com).

