Top Ten Summer Health Tips

1. **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!

2. **Eat Fresh**
   - Reserve a place on your plate every meal for fresh produce and you’re sure to reap the tasty rewards.

3. **Transform Activities Into Exercise**
   - Activities like going to the zoo or visiting a park can become exercise if you can the stairs, take the long route or add stretches and exercises along the way.

4. **Lifestyle Modification**
   - The summer is a great time to try a new exercise routine, decide on a new healthy eating plan, or quit smoking.

5. **See Your Doctor**
   - Schedule an appointment for a checkup to make sure pain or injury doesn’t sideline you this summer.

6. **Stay Shady**
   - Try to limit your time in the direct sun between 11am and 4pm, and always wear sunscreen, a hat, and sunglasses.

7. **Stay Cool**
   - When it’s hot, do what you can to stay cool: do swimming at your neighborhood pool and visit local air-conditioned attractions.

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

9. **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.

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

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**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 symptoms continue.

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**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.

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**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 with 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.

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**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, ext. 4869.

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**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 2nd**

11am – 4pm

2 Carlton Street, Suite 500

Contact: Nassim Vahidi, Community Health Worker, nassim@whiwh.com, ext. 4869

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

2 Carlton Street, 5th Floor, (Yonge/College);
Main line: (416) 593 – 7655

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

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**For more information about communications material at WHIWH CHC, contact communityrelations@whiwh.com.**
Mind & Body Movement (MBM) Program
Contact: Nassim Vahidi, Community Health Worker, 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 25th – Monday September 26th, 2-3 pm

Chair Yoga
For clients with limited mobility looking for gentle exercise to increase flexibility and strength
When: Monday July 25th – Monday September 26th, 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 26th – Tuesday September 27th, 6-7 pm

Zumba
A moderate aerobic workout where you move to Latin, Caribbean and International rhythms
When: Tuesday July 25th – September 13th, 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 28th – Thursday September 15th, 11-12 pm

Mental Health and Wellbeing
Creating Happiness through Art Therapy
Contact: Anu Lala, Therapist, 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 15th – August 5th, 10-11:30am

The Summer Sisterhood
Contact: Navisha, Program Assistant, 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 programs aims to help young racialized women to use social movements to promote serenity and build strength of mind and body
When: Thursdays July 21st – August 25th, 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

Blood Sugar Check Group
Contact: Sugil Balachandran, Diabetes Educator, 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, 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 4th – August 25th, 1:30-4pm

Workshop: Physiotherapy for Diabetes
Contact: Nassim Vahidi, Community Health Worker, 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: 3rd Tuesday of every month, from 2pm-4:30pm.

Workshop: Food Security & Gardening
Contact: Fatiha Houd, Community Food Worker, 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: 2nd and 4th 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, 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.